Official Magazine of the United States Gymnastics Federation

USA GYMNASTICS

September/October 1988 Volume 13, No. 5

A HOT TIME IN HOUSTON

Scott Johnson: The Bear Necessities

Diane Simpson: Determination Leads to Glory

Wilborn Brings Home Bronze

The Soviets' Secret


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USA GYMNASTICS

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A HOT TIME IN HOUSTON

Kristie Phillips and Scott Johnson turn already hot Houston ablaze with sizzling gymnastics performances.

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Wilborn Brings Home Bronze

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Diane Simpson: Determination Leads to Glory

Diane Simpson ousts defending champion Marina Kunyavsky to win her first big meet

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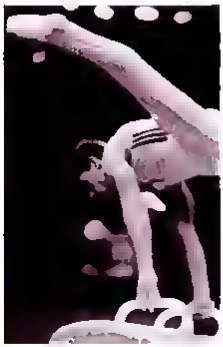
The Soviets' Secret



No magic involved, the Soviet Union's gymnasts are just plain-old hard workers. The proof of their dedication is demonstrated during competitions.

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EDITORIAL

Communication Will Raise Level Of Sport

Making decisions can be easy, especially if you have all the information You have all heard the saying that "there are two sides to every story" If you evaluate the stories, you'll find that the two people usually have different information on which they are basing their positions and decisions Communication is essential in today's society and without it, we would lack the information that is needed to function effectively.

If you evaluate those professions that continue to advance at record pace, you'll find communication as a top priority With today's technologies, medical breakthroughs become standard practices overnight Perhaps more importantly, there is an assumed obligation and responsibility of those individuals to make the new information available to the other members of their community. With the new information and technology distributed as soon as it is proven, the profession moves ahead quickly and efficiently

Specific to gymnastics, all coaches and judges have the responsibility to make their knowledge and expertise available Communication amongst our sports professionals will help our athletes progress more quickly, more correctly and in a safer environment Everyone, at every level, has something to contribute. And, no matter what your level of experience is, you can probably learn something from just about anyone

Many of the top coaches in the United States have unique opportunities to travel and see programs and athletes worldwide They attend events and competitions, participate in clinics and workshops and meet their counterparts in other countries. These experiences are only vaulable if they are translated back to the coaching and judging community as information is made available and disseminated, the quicker we will advance We will not make mistakes over and over again on a problem that has already been solved. In terms of a new skill or technique, we can use the new ideas to help teach the skill quickly, efficiently and safely.

Perhaps our most obvious function is one of education To this end, we try to assist the coaches and judges to allow them to better teach our athletes In the past it was felt that the best coaches have all the information That is not always the case The top coaches know how to best use and implement the information they have To share information with another colleague is not only in the true spirit of a professional, but an obligation that all of us in sports have to the athletes that participate The outcome is a higher standard in our profession with more and more people well informed and better prepared to teach and make decisions.

If everyone has the same information, you might feel that would slow us down and make us stagnant Quite the contrary, the ones who take advantage of the new knowledge will push ahead and become the leaders, pulling the rest as quickly as possible to the new and higher level And if we all would assume this role, there is no limit to what we can accomplish

I encourage all of you, in every situation, to exchange your ideas, to read and to learn, and to act as professional educators The true professional communicates — and knows how important it is to assume both the role of the teacher, and the role of the student

For the United States Gymnastics Federation,
Mike Jacki
Executive Director

New Look Shaped From Reader Input

By Mike Botkin

What do you think? I thought when you opened your mailbox today, there would be something very exciting in it. But it should look very familiar to you. After all, it was because of your feedback this version of *USA Gymnastics* evolved.

Remember in your July/August 1985 issue, the one with the space cover, there was a reader survey card inside that was filled out by more than 2,000 of you? In fact, there isn't a day that has gone by since I haven't received at least one card in the mail. It was from those responses that we shaped the graphic and editorial design of this new look. So if you like it, give yourself a giant pat on the back for helping out.

It wasn't too long ago that gymnastics coaches started receiving *USGF News*. A few years later, that original magazine underwent a face and name change to become *USGF Gymnastics*. In 1983 another name change and facelift went into effect when *USGF Gymnastics* was transformed into *USA Gymnastics*. Now with the September/October 1986 edition, *USA Gymnastics* continues its commitment to serve the ever-changing gymnastics community with a magazine that truely enhances and entertains.

No longer will the magazine be a vehicle that only coaches and judges can understand. The majority of our readers are current competing athletes. To be specific, girls between the ages of eight and 16 constitute the majority of the readership.

The survey told us some very interesting statistics. Some we knew and some were very surprising. Some of the more interesting facts that came out of the survey indicated 98 percent of the respondents keep their magazines permanently and refer to them at least four times. We now know that photos and feature stories are at the top of the list with event coverage and technical information following close behind.

On the average, four people looked at each single issue which pushes our readership close to a quarter of a million. The survey also indicated you like the quality of writing and overwhelmingly thought the quality of the magazine was excellent. So with that in mind, we set out to give you an even better gymnastics publication.

Something for everyone to enjoy was the major theme in the redesign process. A more upbeat graphic package and a more diverse editorial structure beginning with this column, which will appear in every issue. In every issue you will see articles on sports fitness. There will be instructional articles for all levels. Club news will also be a regular topic within the new format. We will update you on new products, and on how U.S. Gymnastics Federation sponsors are helping to serve the gymnastics community. Artistic, as well as rhythmic, gymnastics will be highlighted in every issue. Coaches, gymnasts and parents will all be able to read and learn about current safety procedures or read our open forum page where readers write in to compliment or sound off.

Of course, we will continue to establish superb color photos and the well-written editorial content that you have come to enjoy. In a nutshell, there will be something for everyone.

Speaking of that, you may have noticed on the opposite page, a Letters To The Editor page where we invite your opinion and your thoughts. Letters can be anything from your feelings on the magazine to how you felt at your state competition. It becomes your voice to the gymnastics community.

Gymnasts are very lucky people. Because of the sheer nature of the sport, gymnasts have to be very diverse. Now you are lucky again because there is a very diverse *USA Gymnastics* magazine to educate and entertain all.

The Right Move

Dear Editor:

I have always like gymnastics, but I didn't know how much until the Olympics of 1984 where I learned about your great gymnasts as many others around the world did. I was happy because it was about time for the Americans to take the leading role in world gymnastics. It was about time to see new faces and new interest in this fantastic sport.

I am sure that after those Games many people in your country got involved with gymnastics and your Olympic champions became the idols of the young kids that were just starting. They earned fame and money and they gave up gymnastics. Some of them did right like Conner (Bart), Vidmar (Peter), Hartung (James), Kathy Johnson, McNamara (Julianne) and Talavera (Tracey). They had given to American gymnastics everything they could for all these years.

But what about Retton (Mary Lou) and Gaylord (Mitch)? They prefered to become "movie stars" instead of helping their country. I wonder did they see what happened in Montreal? Did they ever care about it? They let down all the people that had believed in them and you at the Federation.

I would like to congratulate and thank Tim Daggett and Scott Johnson who went on with gymnastics even if they won the greatest honor by becoming Olympic champions, even if they have spent so many hours in the gyms. This way they proved that they really love this sport, their country and they have "the spirit of the Games" inside of them.

Well, that's all I wanted to say. I hope you will all bring American Gymnasts into the first place, where it deserves.

Evi Eleftheriadu
Drama, Greece

Regulation Or Innovation

Dear Editor:

Coaching a gymnast for success naturally permits many options, but coaching by the code of points and allowing the "restrictions of the system" to limit the gymnast, keeping her from reaching her full potential. How many times do we train our gymnasts just to score? We are teaching that score is more important than undertaking the performance as an all-out effort for perfection. I understand that flawless execution pays the highest dividends and, that with a reasonable amount of difficulty, our gymnasts can qualify for a respectable score. But, worldwide, it seems to me that the leaders and constant winners are the most innovative. What happens to the coach, judge or gymnast who fails to strive toward new progressive ideas and skills? We not only limit our development but also fail to stimulate our gymnasts to be leaders.

We are fast becoming imitators who only copy other's skills and routines. At the present time our optionals are beginning to look like compulsories with virtually the same skills being performed by each gymnast. Our gymnastics will become even more predictable in the future because of the new system where coaches will be rated by their ability to memorize the code and safety manuals. I understand that because of our lawsuit happy society we must find ways to protect our sport.

Memorization of a book doesn't make a good coach or judge because both must rely on experience and common sense to keep our sport both safe and challenging to the gymnast. We must all look to the future to create new goals for our best athletes.

Earl E. Metzler, III
Downingtown, PA

A Moment On The Balance Beam

Dear Editor:

Although I have been on the balance beam thousands of times during the last four years, sometimes when I am perfecting a new trick, I become very frightened and nervous. Right now, I am working on a series of back handsprings on the balance beam, which happens to be only four inches wide and four feet above the floor. Also, these happen to be blind moves, that is I can not see the beam until after I have landed. To make this series even more difficult, I must do at least two of these back handsprings with only one second interval between the first and second handspring. If I were to hesitate more than two seconds, the judges would then deduct points from my score.

Not only is this a difficult move to do on the balance beam, but my fear is even greater than it would normally be, because I sprained my ankle badly once when I was practicing this trick. Therefore, each time I do it, I worry that I will land incorrectly and re-injure my ankle.

A beam routine should be done effortlessly and smoothly. It takes a lot of discipline to control fear and perform a beam routine well. Fear destroys the concentration which is essential to an outstanding performance.

Rachel Jewell
Advanced Optional Gymnast
Capital Gymnastics Club
Burke, Virginia

The Choice Is Ours

Protests Or Cooperation For The Improvement Of Gymnastics Judging

By John Scheer and Jeff Johnson

Editor's Note: Submissions for Open Floor are welcome. All submissions must be signed and typed double spaced. Send all manuscripts to USA Gymnastics, Open Floor Editor, 1099 N. Meridian St., Suite 380, Indianapolis, Indiana 46204.

April 5, 1986 did some damage to men's gymnastics. This was the first year for the new protest rule in collegiate competition. It took the concluding showcase event, the NCAA team finals, for everyone to realize the full impact of the rule: *Every time the team competition is close in a championship meet, coaches' protests will have to be ruled upon following the competition before a team champion can be named.*

If the team finals are not close, the protest rule will not make any difference, but those are the less exciting Championships, anyway. The truly exciting finishes - the close ones - will be diminished tremendously by the need for officials to handle protests following the last competitive rotation. At Nebraska, what would have been one of the most spectacular conclusions to the team race in history - a .05 victory by Arizona State following a super 9.90 by Dan Hayden on high bar - turned into a dismal 45 minute delay while the high bar judges considered protests and the Games Committee ruled on other gray areas surrounding the protest rule itself. How must that have looked to the average spectator? Undoubtedly some would see the delay as exciting. But we would bet that most would view gymnastics in a somewhat lesser light as a result. The unfortunate thing in a situation like this is that the Championship ended in an atmosphere of protest with both Arizona State and Nebraska believing they should have won.

Having seen how the protest rule can diminish a Championship, is there an alternative? Obviously, at Nebraska, both Don Robinson and Francis Allen believed the judges had missed something, as evidenced by the fact that they both filed protests. What coach has not been concerned about judging at times? Let's face it - judges cannot be omniscient. They are faced with the task of memorizing 291 pages of skill values alone, totaling 1,005 separate skill ratings, and that's before they memorize a single deduction or have to make an accurate snap judgment on the value of one of the many unlisted skills. Furthermore, judging is a hobby for most that keeps them close to the sport they learned to love as competitors. They can't make much money from judging, yet they are charged with evaluating the work of coaches whose very livelihoods depend on their accurate judgments.

Officials are a necessary part of the sports scene. Try, for a moment, to imagine gymnastics without judges. If competent judging is important to gymnastics, then it seems to us that both coaches and judges would be interested not in a protest rule, which results in little or no improvement in judging, but in an alternative rule which would increase cooperative communication and education between and among coaches and judges. We believe our proposed alternative to the protest rule below could result in substantial improvements in the judging of gymnastics.

Proposal

1. A simple form would be created on which coaches could write anything they wish pertaining to specific judging factors. For example, they could write unusual or uncommon skills the judges will see (including pages on which the skills appear if they wish), unusual methods of fulfilling combination requirements, possible originality, etc. We believe the form should not include the school name nor any gymnasts' names, but rather should be anonymous. We further believe that coaches should not write out routines, since many gymnasts are good at covering up mistakes by changing their routines in midstream.

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THE BEAR NEC

Championships Setback Spurs Scott Johnson Back to Basics

By Mike Botkin

It was the "bear necessities" that got Scott Johnson involved in gymnastics. Recently, Johnson returned to those "simple bear necessities" to continue his storybook career.

In lands far away (Cincinnati, Ohio) during times long ago (1971) Johnson's fourth-grade class presented its version of Rudyard Kipling's classic children's story "The Jungle Book" in a play. It was due to this play that one of America's top gymnastics figures got his start.

"In the play were simple gymnastics tumbling skills and they came easy for me. Because I could tumble, I got the lead and played Mowgli, the jungle boy. That, you might say, was my birth into gymnastics," said Johnson.

Soon after his acting career ended, Johnson's family, who weren't actually wolves as was the case in the play, packed up and moved to Colorado Springs, Colorado, where a newspaper ad helped Johnson continue with his new-found love. "I guess you could say that I was a hyper-active kid. I was always bouncing off the couch or something, so my parents asked me if I would like to take tumbling classes at the YMCA. From the first day, I loved it."

This began the learning process that has stuck with the gymnast all of his competitive life. In the sixth grade he began competing for Stratton Elementary School's tumbling team. "In my very first meet I won a fifth place ribbon. By the end of the year I placed second and almost won, so I was very excited about my progress. That was my first big thrill."

The thrills came frequently and almost naturally to Johnson. In the eighth and ninth grades, while a member of the Lawson High School team, Johnson won the city all-around championship. As a senior in 1979, he won the state all-around championship and several individual titles. He is still proud of the fact that he set a Colorado all-around score record that still stands today.

Because of his prominent rise, Johnson became a prize recruit for the college ranks. Francis Allen, who had built a dynasty at the University of Nebraska, landed Johnson, throwing this talent-rich gymnast into Phase Two of his career.

"The National Collegiate Athletic Association (NCAA) was very good to me. I have no complaints. But it is really sad to see what the NCAA is doing to gymnastics now. The NCAA isn't all to blame. The U.S. Government, with its budget cuts, forced some universities to cut programs, which is hurting gymnastics in America. Only schools with strong football programs are able to financially support gymnastics programs," he said.

"As an example," stated Johnson, "the Big Eight Conference (which includes Nebraska) has just three gymnastics teams remaining. Now our Big Eight meet is a triangular meet between Nebraska, Iowa State and Oklahoma. I can remember when we had six or seven teams."

Another blow to U.S. gymnastics was the NCAA's ruling to cut the compulsory exercises. "That was a really bad move as far as U.S. gymnastics is concerned," said Johnson. "Our best athletes are in college and their coaches would stress just optionals, which really hurt the world-class athletes."

(Note: the NCAA has listened to coaches/athletes like Johnson and, as of 1987, has reinstated compulsory competition for every season except those following an Olympic year.)

Despite the setbacks in college gymnastics, Johnson feels pretty good about the future of U.S. gymnastics. Since his indoctrination into international competition in 1981 as a member of the World Championship team, Johnson has seen steady progress for the U.S. team and in the gymnasts that have made, and will make, the team. "A lot of the athletes are much more serious now because of the success in the 1984 Olympics," said Johnson. "The junior program is stronger and the coaches are smarter. The athletes are getting more involved in the administrative end of the sport which shows we are more serious. I think it is really working."

For Johnson, the 1984 Olympics was almost the culmination of his career. "Gymnastics became different after I won a gold medal. My

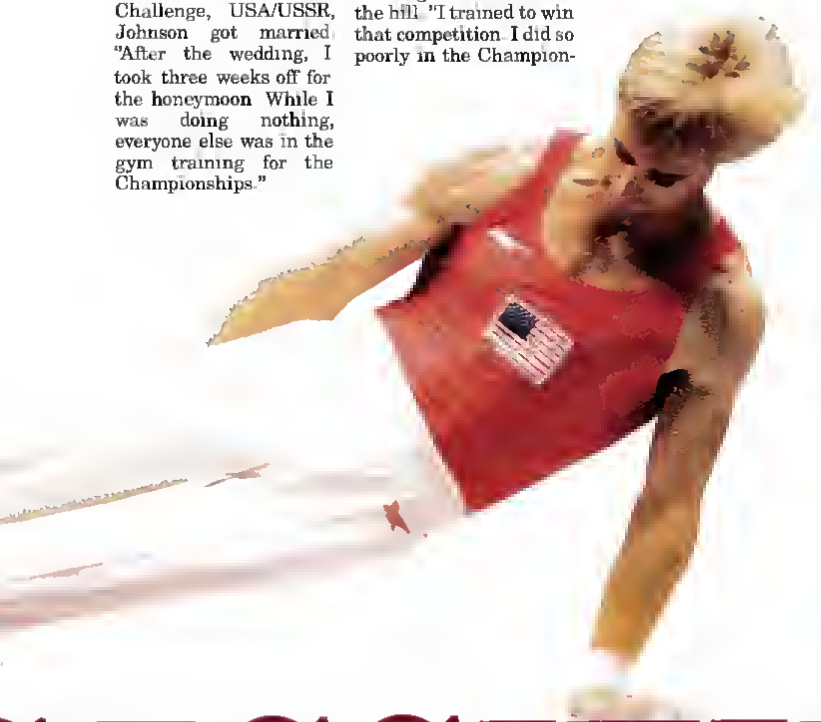
main goal in life was to make an Olympic team and I did that. For almost a year after the Olympics, I was burned out. It didn't feel good to go into the gym. Then one day, four weeks prior to the 1985 McDonald's Championships of the USA, I went into the gym and it felt good again. So I petitioned into the Championships, placed sixth all-around, and made the national team."

It was at this time, life became hectic for Johnson. Competition after competition left him little time to train. Then on May 3, 1986, three days after the McDonald's Gymnastics Challenge, USA/USSR, Johnson got married. "After the wedding, I took three weeks off for the honeymoon. While I was doing nothing, everyone else was in the gym training for the Championships."

The hectic schedule and the layoff all came crashing down around Johnson during the 1986 Championships. A disastrous compulsory high bar routine scored a 6.80, plummeting Johnson out of contention for a spot on the Goodwill Games team.

"It was almost like I needed a slap in the face," said Johnson about his poor showing in the Championships. It was at this time he returned to the "bear necessities" in training. At the U.S. Olympic Festival - '86, Johnson faced the task of defending the title he had won in 1983 and showing he wasn't over the hill. "I trained to win that competition. I did so poorly in the Championships of the USA that really hurt me. I knew I had to work hard to accomplish my goals. I worked for the Festival. I was in the gym every day and trained to win."

Johnson went to Houston, Texas, and looked better than he had in the 1984 Olympics. He won the all-around, took first on high bar and placed second on floor exercise, pommel horse and rings. "The Festival was a key factor in my career. It was a very good competition for me and I needed that. It showed me I'm not too old, I'm not out of it."



Johnson's age (25) does creep into a conversation, both in terms of his physical abilities and in looking at the young lions snapping at the bear's heels. "I can feel my age now. It takes me longer to get going in the gym. I can't work as hard and I seem to get hurt more."

"Because the junior program is so strong, it keeps me on my toes. I don't want these little kids to beat me. At Championships they beat me - well, everybody beat me," he added, referring to his 15th place finish.

Despite the pressures from the youth, Johnson feels confident of attaining his goals of making it back onto the national team, making the World Championship team and eventually the 1988 Olympic team. "Since my ranking on the national team has slipped, my next competition will probably be the 1987 Championships of the USA, so I am going to have time to concentrate on improving my technical skills. I'm really looking forward to next year."

Next year, the 1987 World Championships will be held in Rotterdam, Holland. And, if Johnson makes the U.S. squad, the one-time Mowgli will test his seasoned talents stalking a different sort of bear: the World Champion Men's team from the Soviet Union.

CESSITIES

A HOT TIME IN HOUSTON

By Susan Polakoff

Featuring photos by Dave Black (USGF photo © 1986)

How hot was it in Houston, Texas, during the 1986 U.S. Olympic Festival?

It was so hot that 10,000 pounds of ice were added to a steamy swimming pool to prevent water polo players from suffering heat exhaustion. It was so hot the grassy playing field used for field hockey had to be flooded by the Houston fire dept. to reduce scorching temperatures.

But perhaps one of the hottest places during those two sweltering weeks was inside the air-conditioned Summit Arena, the venue for gymnastics competition.

Not only was the competition hot, but the crowd was electric. Festival attendance records for gymnastics were shattered and for the first time in the history of the sport, spectators participated in a series of thunderous waves, a phenomenon usually reserved for fans in pro football stadiums.

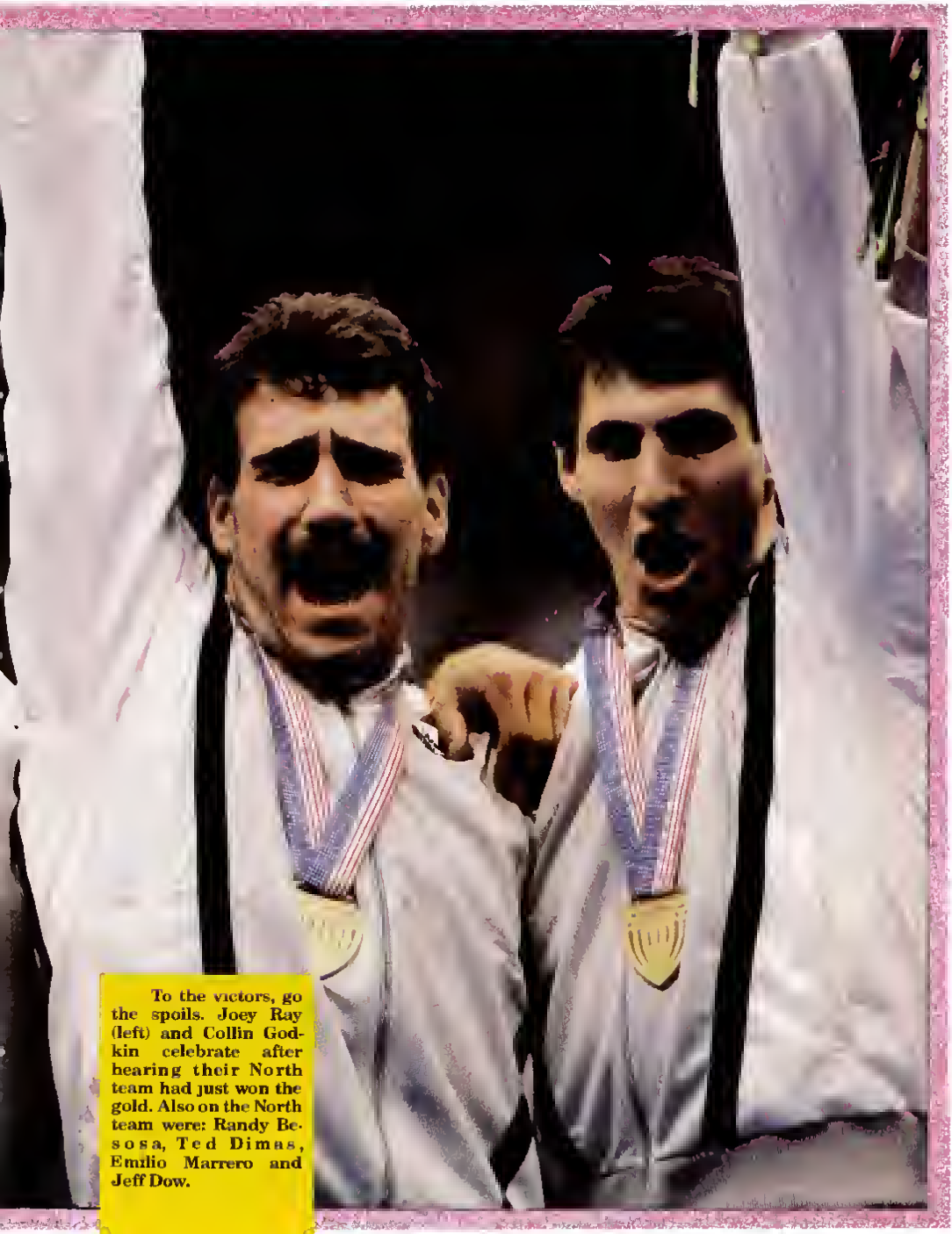
"The best thing possible for gymnastics is when people drive up and see that sign outside that says 'TONIGHT'S GYMNASTICS SOLD OUT,'" said Houston-based Coach Bela Karolyi. A crowd of 15,630 watched the women's event finals on Sunday evening. That's more fans than have watched any other gymnastics competition at any other Festival.

"The audience was full of electric energy and they were not afraid to show their appreciation of gymnastics," said Allison Cummings, the United States Gymnastics Federation's Events Director. "The crowd was a major contributor to the success of the event."

Successful too was a 25-year-old Olympian who rekindled his competitive spark and a pair of ninth-grade girls who cooked their competition.

Scott Johnson, of Lincoln, Nebraska, a member of the 1984 Olympic team, won the Festival's all-around gold and one medal in each of the six men's individual apparatus events. With these eight medals, Johnson's total career Olympic Festival medal count is 22. No athlete in the history of the Festival has won more medals than Johnson.

Kristie Phillips, 14, of Baton Rouge, La., won the women's all-around and gold medals in every final event she qualified for — the balance beam, vault, and floor. Her closest challenger, Karolyi Gymnastics teammate Phoebe Mills, 13, made five trips to the awards stand.



To the victors, go the spoils. Joey Ray (left) and Collin Godkin celebrate after hearing their North team had just won the gold. Also on the North team were: Randy Besosa, Ted Dimas, Emilio Marrero and Jeff Dow.

Men's Competition

Johnson's performance at the Olympic Festival marked the end of a short-lived, but frustrating, slump for the five-year national team member. Johnson had a tough time in the 1986 McDonald's Championships of the USA in June, finishing in 15th position. (His compulsory high bar routine turned to a disaster, scoring a 8.80.)

He admitted his training schedule had been sporadic for the McDonald's Championships of the USA in Indianapolis, Indiana. Part of the reason for that was understandable. Johnson was married in May. After taking a break for his honeymoon, he said it was difficult to bear down in the gym.

"After the Championships, I fell all over the place. My poor finish hurt my national ranking and it blew my chance to go to the Goodwill Games. I didn't train like I was supposed to. I needed to prove something to myself. That's why this (Olympic Festival) meant so much to me."

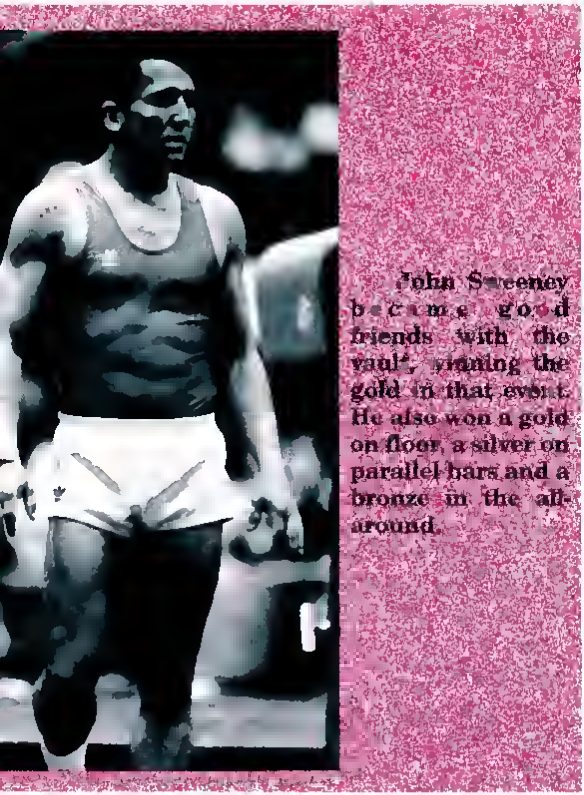
Johnson edged Dan Hayden for the gold, scoring an all-around total of 57.50 to Hayden's 57.40.

Dan Hayden lost to Scott Johnson by .10 for all-around, but came back to win the gold in pommel horse, rings and parallel bars.

"I'm shooting for the 1988 Olympics. Hopefully, that's when I'll be hitting my athletic peak. Before the Olympic Festival, I went back to what had worked before. After the National Championships, I just stayed home and trained everyday. That's what it takes to compete with the Haydens, the Babcocks and the Daggetts."

Although Dennis Hayden sat out most of the Olympic Festival with a swollen knee, twin brother Dan kept the Hayden name in the spotlight. Dan took the all-around silver and scored the night's top score on the pommel horse with a 9.80. "I was pretty relaxed through the whole meet. The lesson I learned from the Goodwill Games is not to get nervous," Dan said. "I'm coming back after being out for one and one-half years. I feel I'm back," he said.

An emotional Scott Johnson shouts words of encouragement to himself after executing a difficult sequence on parallel bars. His rock-solid performance earned him the all-around title.



John Sweeney becomes good friends with the vault, winning the gold in that event. He also won a gold on floor, a silver on parallel bars and a bronze in the all-around.

Championships and tonight I hit six for six. I guess it was a miraculous change," Sweeney said.

Johnson's highest marks came on high bar and the pommel horse, with a pair of 9.70's. Two nights later, in the individual event finals, he, along with Dan Hayden, scored a 9.90, minutes apart, in a dramatic parallel bars sets. Johnson collected silver medals on floor, pommel horse, rings, and bronzes on vault and parallel bars. His only gold medal for event finals came in the last event, high bar. He scored a 9.70 to share the gold with the University of Minnesota's Collin Godkin.

"I was getting a little tired of standing on the second place stand. Winning the gold on high bar was icing on the cake," Johnson said. He managed to finish with a total of eight medals, a record for one Olympic Festival.

Sweeney celebrated his 23rd birthday on the night of the event finals by nabbing two golds in the floor and vault and a silver on parallel bars. Dan Hayden skillfully knocked out a 9.90 on parallel bars to take the gold on that event. He also racked up golds on the rings and pommel horse and a bronze on high bar.

The team medal race was a battle to the end. The North, led by fourth-place all-around finisher Godkin, captured the gold (277.25); Johnson and Sweeney's team, the West, took the silver medal, (277.00); the South, Dan Hayden's team, won the bronze (275.45).

Collin Godkin performed well throughout the Olympic Festival to place fourth all-around. Godkin placed sixth on pommel horse but tied Scott Johnson for a gold medal on high bar.

The highest score of the preliminaries, a 9.85, went to John Sweeney for his floor routine. Sweeney won the bronze in the all-around (56.70). Sweeney graduated this year from Arizona State and placed 30th all-around at Championships of the USA. He showed his strength in the vault and parallel bars, scoring a 9.80 and a 9.60, respectively. "I was relaxed," said the former Houston Baptist University All-American. In Indianapolis I missed five sets out of 12. I wanted to come here and have fun. I didn't put pressure on myself like I did at

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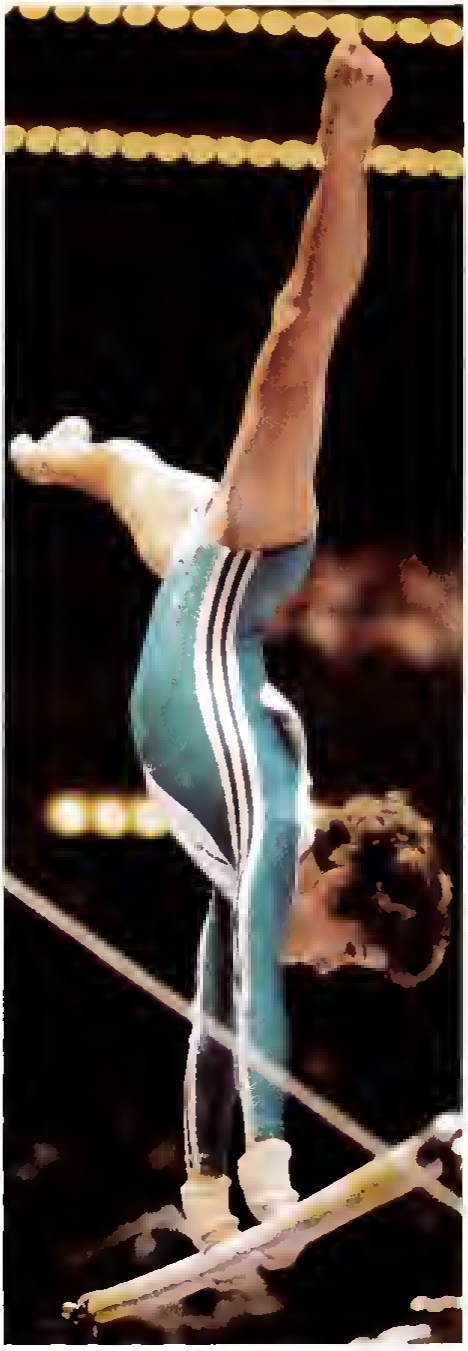
Women's Competition

The Phillips-Mills machine rolled through event by event, collecting eleven medals between them. Phillips edged out Mills to win the all-around title, 38.30 to 38.00 points. Defending Olympic Festival champion, Kelly Garrison, finished in fourth spot while Robin Richter of Lincoln, Nebraska, took the bronze medal.

Garrison's undoing came on the balance beam, usually her strongest event. A fall cost her—she scored 8.90 and dropped to sixth place. The 19-year-old from Altus, Oklahoma, rallied on floor excercise, scoring a 9.45, but that effort was not good enough to give her a medal.

Bronze medalist Richter, representing the West team, scored a 9.35 on the uneven bars, the night's best score for that event. Only a year ago, Richter was a Class I gymnast and now is number 13 on the senior national team. SCATS' Jennifer Barton did a commendable job, placing fifth all-around and scored 9.30 on bars.

The reigning Junior National Champion, Phillips, captured first on beam, floor and vault, scoring 9.75's on all three. Mills, competing for the South team, finished in second spot on beam (9.60), floor (9.50) and vault (9.65). "I didn't know how close Phoebe and I were," said Phillips. "It's something I try not to think about."



The crowd adopted the two Houston transplants as its favorites. Both Mills and Phillips received hearty receptions throughout the evening. "The crowd was great, all that clapping and cheering really got me psyched," Phillips said. The 14-year-old blonde from Baton Rouge, Louisiana, was quick to credit Mills, who, according to Phillips, "really pushes me. Phoebe helps me so much during workout. I wouldn't be as good as I am without her. She really keeps me going."

Karolyi shared similar sentiments. "The greatest surprise of the night was Phoebe's performance. Everyone is used to seeing Kristie do well and play the crowd, but tonight was the first time I saw Phoebe performing like a great competitor. She had the best bars routine I've seen and her vault was great. (The enthusiastic audience booed her 9.25 bars score.) I am so proud of Phoebe. She was the best, tonight was her night."

The East (Garrison's squad) and South team tied for the gold medal and the North team, led by Phillips, took the bronze.

Two nights later, in front of a sold-out house, the women's individual event finals gave the Phillips-Mills team another excuse to clean house. Mills, a former national speedskating champion from Northfield, Ill., was the only gymnast to medal in all four events. She earned the maxium six medals.

Olympic Festival uneven bars champion Phoebe Mills pushed teammate Kristie Phillips throughout the competition. Mills placed second all-around, .30 behind Phillips.

during the entire event. Mills earned silvers in the beam, floor, vault and a long-awaited gold medal in what is becoming her specialty — the uneven bars (Mills' brother and sister competed in the Olympic Festival, but in speedskating.)

But the show stopper of the evening was Phillips' beam routine, which is becoming as well-known as Larry Bird's three-point shots. She received a 9.80 from the judges, a standing ovation from the spectators and the traditional bear hug from Karolyi. "This was the best beam routine I've ever done," Phillips said.

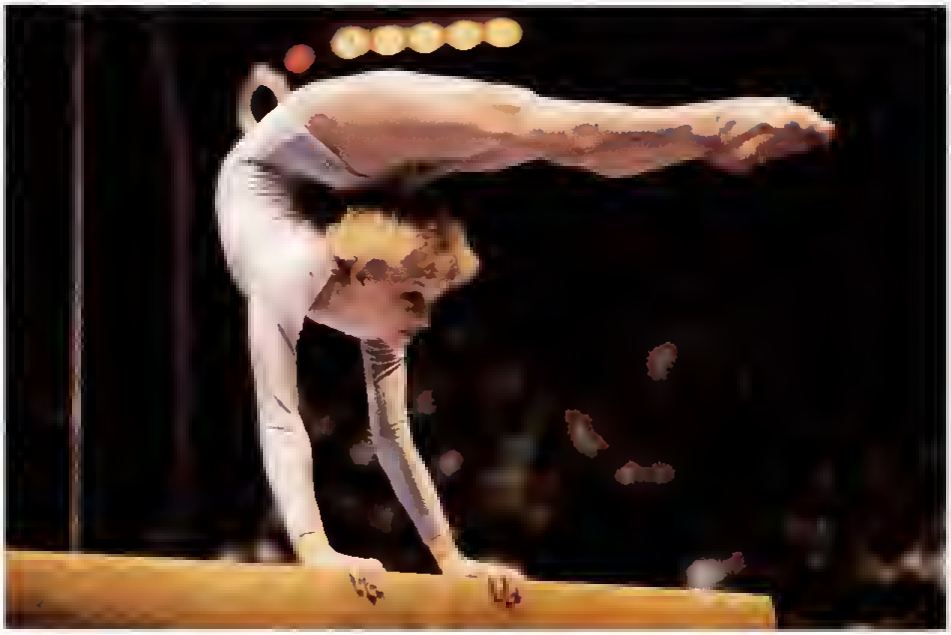
The always optimistic Mills admits she sometimes tires of finishing in second place, but said, "my time will come. Kristie motivates me to keep trying more than ever."

Additional medalists included Corrine Wright, bronze in the vault, Barton, bronzes in the uneven bars and floor and Richter a silver on the uneven bars. Danna Lister, from Tulsa, Oklahoma, won a bronze medal on the balance beam. Lister's older sister, Dacon, is a rhythmic gymnast who was also a U.S. Olympic Festival competitor.

Defending Olympic Festival all-around champion Kelly Garrison used a beautiful 9.45 on floor to push her to fourth place all-around after a setback on balance beam.

Kristie Phillips was the big winner for the women taking the all-around, vault, balance beam and floor gold medals.

Results on page 19



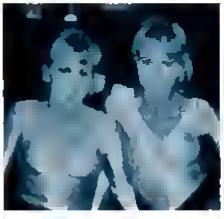
BEHIND THE SCENE

By Susan Polakoff

When Michelle Dusserre composes her "What I Did On My Summer Vacation" composition in English class this fall, she very well could write a short novel

The 1984 Olympian spent eight weeks on the set of the movie "American Anthem" in Phoenix, Arizona, as a stunt woman. Dusserre performed all of the tumbling scenes for actress Janet Jones in the film featuring 1984 Olympic Gold Medalist Mitch Gaylord

"I would do it again," Dusserre said. "It was a lot of fun, but also a lot of work There is so much waiting around in between takes (Director) Albert Magnoli was such a perfectionist. What took most directors 20 minutes to shoot took him one and one-half hours. Everything he did was perfect," recalls Dusserre.



Twins for a day. Michelle Dusserre (left) poses with Janet Jones on the set of American Anthem.

Dusserre said the set was an abandoned Reynold's aluminum plant. To make the set look like a real gym, more than $1 million was poured into the building.

"I now have a greater appreciation for the film industry. It can take a whole day to shoot a 15-second scene."

Former teammate Kathy Johnson served as technical advisor for the film and suggested Dusserre for the part of Jones' double. Dusserre performed stunts on the floor, beam and vault, but Jones did all of her own dance on floor

"Janet, Kathy and I became as close as sisters The three of us were hanging around all the time My parents were very supportive and came to visit me."

In order for Dusserre to pass for Jones, her hair was bleached "It was as blonde as Kristie Phillips' hair," Dusserre laughed. A rubber mask was constructed and glued to her face, then make-up was applied This procedure was more complicated than it sounds First, a plaster cast was made of Dusserre's face, then the rubber mask was constructed. By the time the mask was made, altered and applied by professionals, it turned out to be a $30,000 project, according to the director "It took the make-up artist two and one-half hours to put it all on the first time," she remembered To complete the transformation, Dusserre was given brown contact lenses to wear. "I also had to wear a padded bra I felt like everybody was staring at me," she chuckled.

One of Dusserre's most memorable moments came one afternoon when she left the set to eat lunch with members of the cast and crew "I forgot to take off my mask That was pretty scary because up close, I looked like I had a disease"

One scene in particular brings back some humorous memories One day, Dusserre was attempting a layout Tsukahara vault and was having trouble properly executing the stunt After several takes she finally hit "Janet got so excited she jumped right into the picture!" said Dusserre That version of the vault was used in the film, but from an angle that did not show Jones' jubilation

"I now have a greater appreciation for the film industry," the 17-year-old said. "It can take a whole day to shoot a 15-second scene When I see a movie now I look for details and really appreciate how much time and effort went into it."

The SCATS gymnast, a senior at Pacifica High School in Huntington Beach, Calif., says she would like to attend UCLA and will make a decision on her Olympic future by the end of 1987 "I would like to try for 1988, but I want to make sure my chances are good before I do it." Dusserre has one sister, Shawna, 16, who plays soccer She likes drawing, artwork and "spending time with my family"

A HOT TIME IN HOUSTON

RESULTS

Men's Gymnastics
1986 U.S. Olympic Festival
Houston, Texas
Event Finals

Floor Exercise

PLACE	NAME	TEAM	PRELIM	FINAL	TOTAL
1	John Sweeney	West	9.800	9.500	19.350
2	Scott Johnson	West	9.450	9.550	18.900
3	Mark Steves	West	9.400	9.500	18.900
4	Dan Hayden	South	9.450	9.500	18.950
5	Ted Dumas	North	9.550	9.300	18.850
6	Joey Ray	North	9.400	9.300	18.700

Pommel Horse

PLACE	NAME	TEAM	PRELIM	FINAL	TOTAL
1	Dan Hayden	South	9.800	9.750	19.550
2	Scott Johnson	West	9.700	9.600	19.300
3	Curtis Holdsworth	East	9.800	9.450	19.150
4	Dana a Hayden	East	9.650	9.500	19.150
5	Stewart Butler	South	9.800	9.200	18.700
5	Collin Godkin	North	9.450	9.300	18.700

Rings

PLACE	NAME	TEAM	PRELIM	FINAL	TOTAL
1	Dan Hayden	South	9.850	9.600	19.450
2	Scott Johnson	West	9.650	9.650	19.300
3	Michael Chaplin	South	9.450	9.550	19.000
4	Curtis Holdsworth	East	9.500	9.500	18.900
5	Joey Ray	North	9.400	9.500	18.900
6	Dennis Hayden	East	9.300	9.050	18.450

High Bar

PLACE	NAME	TEAM	PRELIM	FINAL	TOTAL
1	Scott Johnson	West	9.700	9.700	19.400
1	Collin Godkin	North	9.650	9.750	19.400
3	Dan Hayden	South	9.400	9.300	18.700
4	Randy Reeves	North	9.600	9.500	19.100
4	Curtis Holdsworth	East	9.550	9.550	19.100
6	Jeff Dow	North	9.600	9.400	18.900

Vault

PLACE	NAME	TEAM	PRELIM	FINAL	TOTAL
1	John Sweeney	West	9.800	9.700	19.500
2	Scott Wilbanks	South	9.650	9.425	19.075
3	Scott Johnson	West	9.550	9.375	18.925
4	Collin Godkin	North	9.400	9.300	18.700
5	Curtis Holdsworth	East	9.400	9.125	18.525
6	Mark Steves	West	9.300	9.600	18.900

Parallel Bars

PLACE	NAME	TEAM	PRELIM	FINAL	TOTAL
1	Dan Hayden	South	9.600	9.500	19.100
2	John Sweeney	West	9.700	9.750	19.450
3	Scott Johnson	West	9.400	9.300	18.700
4	Randy Reeves	North	9.550	9.400	18.950
5	Bob Gauthier	East	9.600	9.450	18.900
6	Collin Godkin	North	9.400	9.400	18.800

Men's Gymnastics
1986 U.S. Olympic Festival

PLACE	NAME	TEAM	SCORE
1	Scott Johnson	West	57.500
2	Dan Hayden	South	57.400
3	John Sweeney	West	56.700
4	Collin Godkin	North	56.500
5	Curtis Holdsworth	East	56.300
6	Randy Reeves	North	56.100
7	Joey Ray	North	55.850
8	Michael Chaplin	South	55.150
9	Mark Steves	West	54.950
10	Stewart Butler	South	54.350
11	Bob Gauthier	East	54.200
11	Dennnick Minnewer	East	54.200
13	Chris Waller	East	53.700
14	Trent Dumas	South	53.550
15	Scott Wilbanks	South	53.500
16	Jeff Dow	North	53.450
16	David St. Pierre	West	53.450
18	Bobby Stelter	East	53.200
19	Chainey Umphrey	West	53.000
20	Jerry Horan	East	52.850
21	Lance Ringnald	West	52.750
22	Brian Halstead	South	52.550
23	Ted Dumas	North	51.550
24	Emilio Marrero	North	45.150
25	Dennis Hayden	East	8.550

Team Standings

PLACE	TEAM	FLOOR	HORSE	RINGS	VAULT	PBARS	H BAR	TOTAL
1	North	45.900	46.000	45.850	46.200	46.250	47.050	277.250
2	West	46.700	44.350	45.750	47.300	46.100	46.900	277.000
3	South	45.300	45.650	45.550	46.350	45.250	46.750	275.450
4	East	44.650	46.950	45.050	45.850	46.000	45.450	273.950

Women's Gymnastics
1986 U.S. Olympic Festival
Houston, Texas
Event Finals

Vault

PLACE	NAME	PRELIM	FINAL	TOTAL
1	Phillips	9.750	9.750	19.500
2	Mills	9.650	9.700	19.350
3	Wright	9.650	9.600	19.250
4	Tom	9.450	9.200	18.650
9	Margulis	9.500	8.975	18.475
9	Garrison	9.525	8.775	18.275

Uneven Bars

PLACE	NAME	PRELIM	FINAL	TOTAL
1	Mills	9.250	9.400	18.650
2	Richter	9.350	9.250	18.600
3	Barton	9.300	9.200	18.500
4	Garrison	9.100	9.250	18.350
9	Hansen	9.550	9.000	18.550
5	Villars	9.150	9.100	18.250

Balance Beam

PLACE	NAME	PRELIM	FINAL	TOTAL
1	Phillips	9.750	9.800	19.550
2	Mills	9.500	9.350	18.850
9	Lester	9.450	9.350	18.800
4	Kelleher	9.250	9.300	18.550
5	Richter	9.100	9.400	18.500
9	Panzirona	9.150	9.100	17.250

Floor Exercise

PLACE	NAME	PRELIM	FINAL	TOTAL
1	Phillips	9.750	9.800	19.450
2	Mills	9.500	9.500	19.000
3	Barton	9.200	9.400	18.600
4	Wright	9.250	9.300	18.550
5	Garrison	9.450	8.900	18.350
9	Richter	9.350	8.800	18.000

Women's Gymnastics
1986 U.S. Olympic Festival

PLACE	NAME	TEAM	SCORE
1	Kristie Phillips	North	38.300
2	Phoebe Mills	South	38.000
3	Robin Richter	West	37.100
4	Kelly Garrison	East	37.000
5	Jennifer Barton	South	36.800
6	Denise Villars	East	36.650
7	Kim Masters	South	36.900
7	Marie Kolbias	West	36.800
7	Corrinne Wright	East	36.800
10	Cindy Tom	South	36.550
11	Dana Lester	East	36.200
12	Kim Hurley	East	36.150
13	Katherine Kelleher	East	35.800
13	Beth Hanson	North	35.800
16	Christy Henrich	North	35.650
16	Jill Andrews	West	35.550
17	Lisa Lazar	South	35.450
19	Lisa Panzirona	West	35.200
19	Jenny Donaldson	North	35.050
19	Michelle Dusserre	South	35.050
21	Dina Margulis	North	34.350
22	Julissa Gomez	West	34.800
23	Kari Duley	North	34.650
24	Wendy Weaver	West	15.900

Team Standings

PLACE	TEAM	VAULT	BARS	BEAM	FLOOR	TOTAL
1	East	47.000	45.150	45.450	46.050	183.600
2	South	46.850	45.450	45.150	46.050	183.500
3	North	46.400	44.300	44.500	45.500	180.700
4	West	46.550	43.950	44.950	45.450	179.900

WILBORN BRINGS HOME BRONZE

Becomes Sole U.S. Medalist In Soviet-Dominated Meet

By Robert Cowan and Mike Botkin

New Jersey is a long way from Moscow, but that state provided the only ray of sunshine in an otherwise disappointing Goodwill Games gymnastics competition. In an Olympic-type setting, the much publicized Games became yet another classroom for the youth-oriented U.S. squads as the men's and women's teams placed fifth.

Joyce Wilborn, a powerful gymnast from Will-Moor Gymnastics club, used her power to her best advantage to become the sole medal winner for the United States. The National Vaulting Champion used vaults of 9.90 and 9.788 to place third behind the Soviet Union's Elena Shoushounova and Elena Shevchenko for a bronze medal.

Looking like she was going to have a second bronze medal to wrap around her neck, Wilborn stepped out of bounds on her last pass on floor to slip her into fourth place in that event. Edging into third was Romania's Mirela Sidon who placed right behind World Co-Champions Shoushounova and Oksana Omeliantchik of the Soviet Union.

It seemed vault and floor were the best two events for the US women as Angela Denkins' (North Stars) vaults of 9.750 and 9.513 put her in the seventh spot. Hope Spivey, Parkettes, turned out to be the darling of the delegation. Her outgoing nature and sparkling personality made her a hit among Western journalists covering the multi-media event. Spivey also had a good competition on floor as she scored 9.700 and 9.775 to place sixth in that event.

As was anticipated, the Soviet Union swept the competition with gymnasts finishing one-two in every event and taking the team title by almost six full points. Shoushounova took the gold medal in three of the four individual events (vaulting, uneven bars and floor) and grabbed a silver on the balance beam.

The World Champion took a back seat to teammate Vera Kolensnikova in the all-around in somewhat of a surprise finish. Kolensnikova, who led off every event for the Soviets during the 1985 World Championships, took the gold on balance beam and by .150 won the all-around. The Soviets also wrapped up third place all-around with Omeliantchik holding securely onto that spot. Romania's Gabriela Potorac was a distant fourth a full point behind Omeliantchik.

The top finisher for the U.S. was Wilborn, who totaled an even 76 points which placed her 13th. Spivey used a fairly consistent performance (9.00 on beam was her lowest score) to come in at 16th all-around. National All-Around Champion Jennifer Sey was the third American in the top 25 with her 21st place finish.

A double-twisting Tsukahara in the layout position vault by Shoushounova provided one of the Games' three perfect scores. In addition to this 10.00, she also performed perfectly on uneven bars during the preliminary competition. Omeliantchik followed in her World Championships form by scoring a 10.00 on floor. It was her floor exercise in Montreal that brought an immediate 10.00 from the judges, brought the house down and shattered all conventional floor exercise choreography thinking.

The United States improved its standings on the second event, parallel bars, despite the fact that a member of the U.S. squad did not have a D element and many were limited to just one D move. The GDR averaged three D moves, and the Soviets 3.5 during their portion.

The ghost of the 1985 World Championships once again haunted the U.S. Team.

It was like an icy blast from the past for the U.S. men when they took to the podium at the site of the 1980 Olympics and the 1981 World Championships. As they did in the 1985 World Championships, the United States began on vaulting with the same disasterous results.

Three of the six men fell, which plummeted the U.S. squad into sixth position after the first event. But the U.S. wasn't the only country having its problems. The German Democratic Republic's (GDR) stellar performer Ulf Hoffman fell off high bar as did teammates Mario Reichert and Hollger Berendt. In fact, the only team which did not have problems was the host Soviet Union team. Throughout the competition, it was evident the Soviets were the only team which had come into the meet really prepared.

The ghost of the 1985 World Championships once again haunted the U.S. team as Dan Hayden flew off high bar during warm ups and was carried off the podium just as he was during those Championships. Due to the injury, the U.S. was forced to count a 9.05, and the only team to place below the U.S.'s total of 47.15 was Japan, who acted like somebody greased the bar before they went up finishing with a 46.75 total.

The United States was mounting a comeback behind solid performances by Charles Lakes and Phil Cahoy. With Dan Hayden out and Tim Daggett falling on his floor exercise dismount, the U.S. was still in a position to take third. But China finished strong on floor (48.60) and Romania was solid on high bar (47.55), which pushed the U.S. into fifth, just ahead of Japan.

Leading the way for the Americans was Lakes, who ended up 10th all-around. In probably his best international meet to date, Lakes also added a fifth place finish on floor to his credits. Another member of the U.S. delegation who had a good meet was Cahoy, who ended up in 14th place all-around. Cahoy made it to the finals in two events, placing fourth on pommel horse (he is 1986 National Champion on that event) and fifth on parallel bars.

The Soviets' Yuri Korolev (all-around champion) and Valentin Mogilnyi (second all-around) continue to lead the world in execution, style, difficulty and performance. Mogilnyi interrupts three D moves on pommel horse to do another type of D. He has five D elements in his routines. He and Korolev combined have more D parts than several complete teams which competed. North Korea's Chon Hon Li and Kalofer Khristozov of Bulgaria both turned in excellent performances especially on pommel horse and rings. Another interesting note was that of all the teams present, with the exception of the Soviet Union and United States, new faces and unknown names graced the lineups.

USGF photo © 1986 by Dave Black

Soviets Turn Tide On Bulgaria

Diane Simpson became the only American to make finals in the Goodwill Games. Simpson's 9.70 ribbon routine fulfilled a pre/meet goal set by the U.S. rhythmic delegation.

By Nora Hitzel
Rhythmic Program Coordinator

In what was expected to be an intense dual meet between defending World Champion Bulgaria and the Soviet Union, turned into a sweep for the Soviets during the rhythmic gymnastics competition of the Goodwill Games, July 9-10. Tatiana Druchinina (40.00), Marina Lobach (39.90) and Galina Beloglazova (39.85) provided the push to capture the top three all-around spots in the meet.

So complete was the Soviet's dominence that of the 12 routines performed, 10 received scores of 10.00. The higbest ranking Bulgarian, Tzveta mire Filipova, finished in fourth place with an all-around total of 39.50.

The United States was represented by defending National Champion Marina Kunyavsky and Diane Simpson. Of the two, Simpson placed 12th (38.75) while Kunyavsky slipped just behind her in 15th (38.65). Simpson's 9.70 ribbon score placed her in the finals of that event, a pre-meet goal set by the U.S. team. Kunyavsky scored the highest mark of any American, receiving a 9.80 for her clubs routine, which just missed placing her in the finals of that event. For a 9.80 score to fail to make the finals is just an indication of tha high scoring which pervaded this competition.

In addition to high-level performances seen in apparatus and body technique, this competition further emphasized the directional changes rhythmic gymnastics is taking in terms of musical accompaniment, a crucial element in this discipline. While the piano still dominated as the accompaniment for the majority of gymnasts, a variety of other musical instruments were used including a guitar, saxaphone, flute and an accordian. A member of the Bulgarian team competed with a vocal accompaniment which sounded like a chant. The reviews were mixed with regard to its effectiveness but no deductions were taken leading the gymnastics community to believe that this form of accompaniment falls within the framework of the International Gymnastics Federation's (FIG) Code of Points.

An experimental judging system was used during the Goodwill Games. A six-panel approach, recently approved by the Rhythmic FIG Technical Committee, made its debute. Six judges per event were used instead of four which has been the normal procedure. The two high scores and the two low scores were thrown out which left the middle two scores to be averaged. In the past, just one high and one low score were thrown out. This mova was made by the FIG to decrease judging bias. In this meet, there was no way of telling if it worked because no judging breakdowns were distributed. However, the concept of this system appears to be an important approach for the FIG to study further.

One of the major thrusts behind the Goodwill Games was to promota goodwill between all participating countries, expecially the United States and Soviet Union. The U.S. rhythmic delegation probably had more personal opportunities to reflect upon this than any other delegation from any other sport. Four of the nine-member delegation were born in the Soviet Union and were returning to their birthplace for the first time since becoming citizens of the United States. There were many occasions for tears and tighter security, but throughout all of the extras the experiance of the competition was positive.

Women's Final Team Standings

RANK	CNTRY	VAULT	UN B	BEAM	FLOOR	OPTION
1	URS	49.800	48.500	49.250	49.050	196.100
2	BUL	48.100	47.500	47.200	47.900	190.800
3	CHN	48.250	47.650	46.650	47.800	190.250
4	ROM	48.350	47.000	45.900	48.000	189.250
5	USA	47.950	47.850	45.300	47.750	188.250
6	GDR	47.750	47.150	46.050	47.050	188.000
7	JPN	47.250	46.150	46.250	47.050	186.650

Women's All-Around Finals

RANK		VAULT	UN B	BEAM	FLOOR	FINAL	PRELIM	TOTAL
1 Kolesnikova Vera	URS	9.800	9.800	9.900	9.850	39.350	39.200	78.550
2 Shoushounova,	URS	10.000	9.900	9.300	9.400	38.600	38.800	78.400
3 Omeliantchik, O.	URS	9.850	9.250	9.900	10.000	39.000	39.100	78.100
4 Potorac Gabriela	ROM	9.650	9.700	9.800	9.650	38.800	38.200	77.000
5 Lao Fang	CHN	9.800	9.500	9.650	9.600	38.550	38.150	76.700
6 Chen Cuiting	CHN	9.700	9.550	9.500	9.350	38.200	38.400	76.600
7 Demireva Bojanka	BUL	9.500	9.550	9.700	9.600	38.350	38.050	76.400
8 Sidon Mirela	ROM	9.800	9.500	9.600	9.900	38.800	37.650	76.350
9 Ravkova Ivelina	BUL	9.550	9.650	9.200	9.700	38.100	38.250	76.350
10 Doudeva, Diana	BUL	9.650	9.200	9.600	9.500	38.050	38.250	76.300
11 Jentsch, Martina	GDR	9.550	9.000	9.750	9.400	38.000	38.050	76.250
12 Vogel Jana	GDR	9.400	9.700	9.600	9.600	38.300	37.800	76.100
13 Wilborn, Joyce	USA	9.700	9.500	9.450	9.400	38.050	37.950	76.000
14 Munoz Laura	ESP	9.550	9.600	9.550	9.550	38.250	37.450	75.700
14 Stancia Liliana	ROM	9.500	9.350	9.850	9.550	38.050	37.650	75.700
16 Spivey Hope	USA	9.600	9.500	9.000	9.700	37.800	37.500	75.300
17 Morie, Maiko	JPN	9.400	9.500	9.800	9.650	38.350	37.500	75.850
19 Heze Astrid	GDR	9.700	9.050	9.700	9.600	38.050	37.400	75.450
19 Ju, Fang	CHN	9.400	9.850	9.050	9.750	37.150	38.250	75.400
20 Chae, Mihyang	PRK	9.600	9.500	9.350	9.550	37.900	37.600	75.300
21 Sey Jennifer	PRK	9.400	9.400	9.050	9.500	37.350	37.700	75.050
22 Shinoda Miho	JPN	9.500	9.550	9.050	9.550	37.650	37.300	74.950
22 Ebrit Gil Nepea	ESP	9.400	9.300	9.600	9.500	37.800	37.150	74.950
24 Kudo Miyuki	JPN	9.350	9.450	9.600	9.050	37.450	37.250	74.700
25 Kim, Gumok	PRK	9.600	9.900	9.450	9.400	38.350	37.400	74.350
26 Dzanetti, Floriana	ITA	9.450	9.450	8.500	9.400	36.800	36.350	72.650
27 Szalontai, Eszter	HUN	9.300	6.650	9.100	9.400	36.450	35.750	72.400
28 Kerde, Enese	HUN	8.700	6.700	9.250	9.400	36.100	35.450	71.550

Vaulting Finals

RANK			FINAL	TOTAL
1	Shoushounova, Elena	URS	9.950	9.913	19.863
2	Shevchenko Elena	URS	9.900	9.900	19.800
3	Wilborn, Joyce	USA	9.900	9.788	19.688
4	Potorac, Gabriela	ROM	9.750	9.800	19.550
5	Wang Huiyung	CHN	9.700	9.650	19.350
5	Sidon Mirela	ROM	9.700	9.600	19.300
7	Dekins, Angela	USA	9.750	9.513	19.263
8	Chen, Cuiting	CHN	9.700	9.500	19.200

Uneven Bars Finals

RANK			FINAL	TOTAL
1	Shoushounova, Elena	URS	10.000	9.950	19.950
2	Kolesnikova Vera	URS	9.800	9.850	19.650
3	Chae Mihyang	PRK	9.800	9.750	19.550
4	Demireva, Bojanka	BUL	9.750	9.750	19.500
5	Potorac, Gabriela	ROM	9.650	9.775	19.425
6	Kim Gumok	PRK	9.650	9.725	19.375
7	Chen, Cuiting	CHN	9.650	9.600	19.250
8	Raykova, Ivelina	BUL	9.850	9.300	18.850

Balance Beam Finals

RANK			FINAL	TOTAL
1	Kolesnikova, Vera	URS	9.900	9.600	19.500
2	Shoushounova, Elena	URS	9.950	9.775	19.725
3	Doudeva Diana	BUL	9.800	9.600	19.400
4	Lao, Fang	CHN	9.550	9.700	19.250
5	Raykova, Ivelina	BUL	9.500	9.700	19.200
6	Chen Cuiting	CHN	9.850	9.375	19.125
7	Vogel Jana	GDR	9.450	9.625	19.075
8	Ebrit Gil, Nerea	ESP	9.450	8.175	17.625

Floor Exercise Finals

RANK			FINAL	TOTAL
1	Shoushounova, Elena	URS	9.900	9.975	19.875
2	Omeliantchik, O	URS	9.900	9.900	19.800
3	Sidon Mirela	ROM	9.750	9.875	19.625
4	Wilborn Joyce	USA	9.800	9.775	19.575
5	Wang Huiyung	CHN	9.650	9.850	19.500
6	Spivey Hope	USA	9.700	9.775	19.475
7	Potorac Gabriela	ROM	9.700	9.750	19.450
7	Doudeva, Diana	BUL	9.650	9.800	19.450

Men's Final Team Standings

RANK	CNTRY	FLOOR	PHOR	RINGS	VAULT	PARLB	HORB	TOTAL
1	URS	48.85	48.50	47.90	47.85	48.40	48.55	290.15
2	GDR	47.55	47.05	47.80	47.30	47.75	47.80	284.35
3	CHN	48.00	46.35	46.00	47.25	47.10	46.35	282.75
4	ROM	46.45	45.55	46.30	47.30	47.50	47.65	281.85
5	USA	47.25	48.00	46.40	46.50	47.30	47.15	281.70
6	JPN	47.30	46.85	46.20	46.75	47.45	46.75	281.30

High Bar Finals

RANK			TOTAL
1 Korolev, Yuri	URS	9.900	9.900	19.800
2 Wang Chunheng	CHN	9.600	9.850	19.450
3 Berkan, Zsolt	HUN	9.800	9.650	19.450
4 Gu, Linsheng	CHN	9.600	9.900	19.500
5 Krell, Sylvio	GDR	9.700	9.800	19.500
6 Kim, Chol Nam	PRK	9.600	9.500	19.400
7 Artemov, Vladimir	URS	9.750	9.400	19.150
8 German, Marius	ROM	9.700	9.300	19.000

Men's Floor Finals

RANK			FINAL	TOTAL
1 Korolev, Yuri	URS	9.800	9.900	19.700
2 Mogilny, Valentin	URS	9.800	9.850	19.650
2 Li, Chunjiang	CHN	9.800	9.850	19.650
4 Wang Chunheng	CHN	9.750	9.900	19.650
5 Lakes, Charles	USA	9.650	9.700	19.350
6 Hoffman, Ulf	GDR	9.600	9.700	19.300
7 Kato Shinsuke	JPN	9.750	9.450	19.200
8 Hayase, Yukihiro	JPN	9.600	9.600	19.200

Pommel Horse Finals

RANK			FINAL	TOTAL
1 Mogilny, Valentin	URS	9.900	9.900	19.800
2 Korolev Yuri	URS	9.800	9.900	19.700
3 Rizzan Marian	ROM	9.500	9.750	19.500
4 Cahoy Philip	USA	9.750	9.700	19.450
5 Koepke-Fritsche Steve	GDR	9.650	9.750	19.400
6 Babcock, Fitzar	USA	9.600	9.550	19.150
7 Krell Sylvio	GDR	9.500	9.350	18.850
8 Kato, Shinsuke	JPN	9.500	9.300	18.800

Parallel Bars Finals

RANK			FINAL	TOTAL
1 Mogilny, Valentin	URS	9.750	9.900	19.650
2 Li Chen Han	PRK	9.600	9.850	19.450
3 Tippelt, Swen	GDR	9.650	9.800	19.450
4 Sewall, Edgar	GDR	9.700	9.750	19.450
5 Cahoy Philip	USA	9.650	9.650	19.300
5 German Marius	ROM	9.600	9.700	19.300
7 Tikhonkih, Aleksei	URS	9.650	9.550	19.200
8 Rizzan, Marian	ROM	9.700	8.800	18.500

Vaulting Finals

RANK			FINAL	TOTAL
1 Lyukin, Valeri	URS	9.700	9.725	19.425
2 Stoican, Marian	ROM	9.650	9.650	19.300
3 Krell, Sylvio	GDR	9.550	9.725	19.275
3 Fan Min	CHN	9.600	9.675	19.275
5 Korolev Yuri	URS	9.600	9.600	19.200
6 German, Marius	ROM	9.550	9.550	19.100
7 Hayase, Ukihiro	JPN	9.500	9.575	19.075
8 Hoffman Ulf	GDR	9.500	9.425	18.925

Rings Finals

RANK			FINAL	TOTAL
1 Mogilny, Valentin	URS	9.750	9.900	19.650
1 Korolev, Yuri	URS	9.750	9.900	19.650
3 Tippelt, Swen	GDR	9.650	9.700	19.350
4 Tuba Marius	ROM	9.550	9.700	19.250
5 Ristovo Kalofer	BUL	9.600	9.500	19.200
6 Hoffman Ulf	GDR	9.550	9.600	19.150
6 Ru, Lunming	CHN	9.500	9.650	19.150
8 Fintia, Valentin	ROM	9.600	9.250	18.850

Men's All-Around

July 13, 1986

	RANK		TOTAL				TOTAL
1	Korlev Jurij	URS	59.450	25	Hayden Dennis	USA	56.000
2	Mogilnyj Valentin	URS	58.250	27	Jamawaki Kojh	JPN	56.600
3	Artemov Vladimir	URS	57.900	27	Reichert, Mario	GDR	56.850
4	Ljukin, Valery	URS	57.600	29	Babcock, Brian	USA	56.850
5	Krell, Silvio	GDR	57.550	30	Fintia Valentin	ROM	56.800
6	Tikhonkih Aleksej	URS	57.400	31	Hayase Yukihiro	JPN	56.700
7	Wang Chunsheng	CHN	57.250	31	Sabio Angrula, Miguel	ESP	56.650
8	Tippelt, Swen	GDR	57.100	33	Daggel Timothi	USA	56.650
9	Berendt, Hellger	GDR	56.900	34	Rizzan, Marian	ROM	56.600
10	Lakes Charles	USA	56.750	34	Fraguas, Antoni	ESP	56.550
11	Fu, Lunming	CHN	56.700	36	Nastev Ivan	BUL	56.500
12	Kando Shidemitsu	JPN	56.700	37	Stoican, Marian	ROM	56.250
13	German, marius	ROM	56.650	38	Kanishi, Hiroyuki	JPN	56.600
14	Cahoy Philip	USA	56.550	39	Sotomura Koji	JPN	56.100
15	Tuba Marius	ROM	56.500	40	Scaglia Corrado	ITA	56.050
16	Okabe Hiroaki	JPN	56.450	41	Fan, Min	CHN	56.600
17	Khristosov Kalofer	BUL	56.350	42	Kim Chol Nam	PRK	54.900
17	Li, Chuhgang	CHN	56.350	43	Kolev Dian	BUL	54.650
19	Hoffmann, ULF	GDR	56.300	44	Kakuk, Jozsef	HUN	54.450
20	Gu, Linsheng	CHN	56.250	45	Kiessland, Matthias	FRG	54.400
21	Koepke Fritsche Steve	GDR	56.150	46	Jahle-Wolfgang	FRG	53.600
21	Berkan, Zsolt	HUN	56.150	47	Alaadin, Naqno	SYR	50.800
23	Li Chon Hen	PRK	56.100	48	Hayden Daniel	USA	37.600
24	Huang, Wefu	CHN	56.050	49	Balabanov Jury	URS	30.250

Continued on page 28

SIMPSON'S DETERMINATION LEADS TO GLORY

Diane Simpson proved it takes a tough athlete to survive in the most feminine of sports

By Susan Polakoff

Competing with a broken right index finger, Diane Simpson, 19, won the gold medal in the all-around competition at the 1986 U.S. Olympic Festival, defeating defending champion Marina Kunyavsky.

"Competing in rhythmic gymnastics with a broken finger is like running track with a broken foot," said Nora Hitzel, rhythmic program administrator for the United States Gymnastics Federation.

"In addition to adapting her tosses and catches, she had to reorganize the structure of her routines at the last minute," Hitzel said. Simpson broke her finger falling out of a turn the day before leaving Evanston, Illinois, for Houston, Texas.

"This is the first major competition I've won and I'm shocked."

Featuring photos by Dave Black (USGF photo, 1986)

"I wasn't even sure I was going to compete until the evening of the preliminary competition," Simpson said "I really tried to baby my finger during workout I was trying to ignore the pain as much as I could."

Simpson ignored the pain and dazzled the record-breaking crowd of almost 5,000 that came to watch the sport over two evenings. One of her most unusual performances came during her final ribbon routine in which the ribbon became stuck under the tape on her finger As a result, the 16-foot ribbon was shorten by half.

"Disne's ribbon routine has the capability of being a 10 00 routine, but the judges deducted when her ribbon became stuck," Hitzel said. Simpson managed to salvage her routine by scoring a 9 00 "I can't believe that happened," laughed Simpson, who represented the South team

Simpson said she was most happy with her ball routine, scoring 9 80 for both nights "This is the first major competition I've won and I'm shocked I just can't believe it," she said Simpson is coached by Irina Vdovets at Illinois Rhythmics

To win the gold, Simpson scored 76 250 over Kunyavsky, who placed second Kunyavsky, representing the North team, scored 75.350 while Irina Rubinshtein took the bronze medal with a score of 74.200

Kunyavsky, who had terrible trouble with her favorite event, the clubs, said she was still recovering from the Goodwill Games "I'm still exhausted from Moscow," she said

During both nights of competition, Kunyavsky, 20, dropped her clubs several times. Scoring an 8.70 in the preliminary round, the Rhythmic National Champion managed to score a 9 70 in the clubs on the final evening Kunyavsky's best effort was rope, scoring a 9 75 in the final round

Shura Feldman's performance in the rope event helped her qualify for the U.S. team competing at the Four Continents Championships in Melbourn, Australia.

Stacy Oversier, working with an injured ankle, still dazzled the Houston crowd, most of whom were seeing rhythmic gymnastics for the first time. It was a feast for the eye, and for many, it was love at first sight for this most elegant of Olympic sports.

The Houston crowd favored veterans Wendy Hilliard and Dacon Lister Both women played to the crowd, and Hilliard seemed to have the audience in the palm of her hand. Lister finished in fourth spot and Hilliard in seventh.

Cindy Mount, Molly Krause and Liz Pither were the top junior finishers followed by Jenifer Lovell and Shannon O'Bannon Mount, Krause and Pither qualified for the Four Continents Championships (the first time juniors have been included in this prestigious contest) as did Simpson, Kunyavsky, Rubinshtein and Shura Feldman. Scores from the Olympic Festival were combined with scores from the Championships of the USA to qualify for Four Continents Melbourne, Australia, will host the competition in September

In team competition, the North, led by Kunyavsky, nabbed the gold Lister, Kelly Tanko, and O'Bannon also contributed to the gold-medal effort The silver medal was awarded to the South team led by Simpson, Laura David, Lovel and Stacy Oversier (Oversier withdrew from finals competition due to an ankle injury) The West team of Rubinshtein, Elizabeth Cull, Krause and Pither took home the bronze.

All-Around Finals
Rhythmic Gymnastics
1986 U.S. Olympic Festival

07 29-1986

Houston, Texas

			ROPE	BALL	CLUBS	RIBBON	A.A.
1	Diane Simpson	South	9.70	9.80	9.45	9.80	38.75
2	Irina Rubinshtein	West	9.10	9.25	9.45	9.25	37.05
3	Alexandra Feldman	East	9.30	9.25	9.30	9.10	36.95
4	Marina Kunyavsky	North	9.60	9.65	9.70	9.00	36.85
5	Elizabeth Cull	West	9.10	9.10	9.30	9.30	36.70
6	Dacon Lister	North	9.25	9.25	9.25	9.050	36.80
7	Wendy Hilliard	East	9.05	9.00	9.25	9.20	36.50
8	Stacey Overmer	South	9.15	9.20	9.15	8.90	36.40
9	Kelly Tanko	North	9.15	9.70	9.05	9.25	36.05
10	Laura David	South	9.15	9.10	9.25	8.50	36.00
11	Cindy Mount	East	9.00	8.90	9.00	8.70	35.60
12	Liz Pither	West	8.85	8.75	9.05	9.25	34.90
13	Molly Krause	West	8.70	8.70	9.15	8.20	34.75
14	Kristi Alt	East	8.75	8.50	8.85	8.55	34.65
15	Shannon O'Hannon	North	9.05	8.45	8.45	8.50	34.05
16	Jenifer Lovell	South	8.55	8.45	8.85	8.20	33.75

Rhythmic Gymnastics
1986 U.S. Olympic Festival

PLACE	NAME	TEAM	SCORE
1	Diane Simpson	South	76.250
2	Marina Kunyavsky	North	75.350
3	Irna Rubinshtein	West	74.200
4	Dacon Lister	North	73.900
5	Alexandra Feldman	East	73.800
6	Elizabeth Cull	West	73.650
7	Wendy Hilliard	East	73.100
8	Laura David	South	72.260
9	Kelly Tanko	North	71.850
10	Cindy Mount	East	71.200
11	Molly Krause	West	70.450
12	Liz Pither	West	69.950
13	Kristi Alt	East	68.850
14	Jenifer Lovell	South	67.700
15	Shannon O'Hannon	North	67.500
16	Stacey Overmer	South	54.700

Team Standings

PLACE	TEAM	ROPE	BALL	CLUBS	RIBBON	TOTAL
1	North Prim	28.000	27.500	27.000	27.050	109.550
	Final	28.000	27.900	27.900	27.950	111.550
	Total	56.000	55.300	54.900	55.000	221.100
2	South Prim	28.000	28.100	27.850	27.200	111.150
	Final	27.700	28.100	26.900	26.450	109.050
	Total	55.700	56.200	54.750	53.600	220.200
3	West Prim.	27.050	27.100	27.800	26.800	108.750
	Final	27.350	27.800	27.650	27.400	109.200
	Total:	54.400	54.900	55.450	54.200	218.000
4	East Prim.	27.350	27.150	27.550	27.300	109.050
	Final	27.450	27.290	27.850	27.150	109.050
	Total	54.800	54.450	54.750	54.150	218.100

Rope Finals

			SCORE
1	Diane Simpson	South	9.700
2	Marina Kunyavsky	North	9.600
3	Alexandra Feldman	East	9.300
4	Dacon Lister	North	9.250
5	Kelly Tanko	North	9.150
5	Stacey Overmer	South	9.150
6	Laura David	South	9.150
6	Elizabeth Cull	West	9.100
8	Irina Rubinshtein	West	9.100
10	Wendy Hilliard	East	9.050

Clubs Finals

			SCORE
1	Irina Rubinshtein	West	9.450
1	Diane Simpson	South	9.450
3	Dacon Lister	North	9.350
4	Alexandra Feldman	East	9.300
5	Laura David	South	9.250
5	Wendy Hilliard	East	9.250
7	Elizabeth Cull	West	9.200
8	Molly Krause	West	9.150
8	Stacey Overmer	South	9.150
10	Liz Pither	West	9.050

Ball Finals

			SCORE
1	Diane Simpson	South	9.800
2	Marina Kunyavsky	North	9.650
3	Alexandra Feldman	East	9.250
3	Dacon Lister	North	9.250
3	Irina Rubinshtein	West	9.250
6	Stacey Overmer	South	9.200
7	Laura David	South	9.150
7	Elizabeth Cull	West	9.100
9	Wendy Hilliard	East	9.000
10	Cindy Mount	East	8.900

Ribbon Finals

			SCORE
1	Diane Simpson	South	9.800
2	Elizabeth Cull	West	9.300
3	Kelly Tanko	North	9.250
3	Irina Rubinshtein	West	9.250
5	Wendy Hilliard	East	9.200
6	Alexandra Feldman	East	8.100
7	Marina Kunyavsky	North	9.000
8	Stacey Overmer	South	8.900
9	Dacon Lister	North	8.800
10	Cindy Mount	East	9.700

Goodwill Games Moscow '86

July 9, 1986

All-Around Final Results

			PAYS	ROPE	BALL	CLUBS	RIBBON	TOTAL
1	Druchinina, Tatyana	URS	10.000	10.000	10.000	10.000	40.000
2	Lobach, Marina	URS	10.000	10.000	10.000	9.900	39.900
3	Beloglazova, Galina	URS	10.000	10.000	10.000	9.850	39.850
4	Filipova, Cvetomira	BUL	9.900	9.850	9.850	9.900	39.500
5	Butaru, Florentina	ROM	9.800	9.900	9.800	9.850	39.350
6	Dunavska, Adriana	BUL	9.750	9.800	9.850	9.800	39.200
7	Naidenova, Albena	BUL	9.850	9.800	9.800	9.700	39.150
7	Ditrich, Bianka	GDR	10.000	9.400	9.800	9.950	39.150
9	Kan, En Lan	PRK	10.000	9.650	9.800	9.650	39.100
10	Niclas, Esther	GDR	9.700	9.750	9.800	9.600	38.850
11	Tian, Ok Sun	PRK	9.750	9.800	9.650	9.600	38.800
12	Simpson, Diane	USA	9.650	9.650	9.750	9.700	38.750
13	Stanescu, Adriana	ROM	9.800	9.700	9.700	9.700	38.700
13	Manzanares, Montserrat	ESP	9.700	9.750	9.800	9.550	38.700
15	Kim, Sun Bok	PRK	9.750	9.500	9.600	9.600	38.450
15	Kunyavsky, Marina	USA	9.500	9.700	9.800	9.450	38.450
17	Martin, Maria	ESP	9.450	9.700	9.700	9.750	38.600
17	Dumitrescu, Franchiska	ROM	9.700	9.400	9.700	9.800	38.600
19	Rubinshtein, Irina	USA	9.800	9.600	9.650	9.450	38.300
19	Narhi, Eeva-Liisa	FIN	9.800	9.550	9.500	9.450	38.300
21	Kunce, Cornelia	GDR	9.700	9.000	9.700	9.500	38.000
22	Luhtanen, Mira	FIN	9.500	9.200	9.450	9.450	37.550

Rope Final

			PREL.	FINAL	TOTAL
1	Ditrich, Bianka	GDR	10.000	10.000	20.000
1	Lobach, Marina	URS	10.000	10.000	20.000
1	Druchinina, Tatyana	URS	10.000	10.000	20.000
4	Kan, En Lan	PRK	10.000	9.900	19.900
5	Filipova, Cvetomira	BUL	9.900	10.000	19.800
6	Butaru, Florentina	ROM	9.900	9.900	19.800
7	Naidenova, Albena	BUL	9.850	9.850	19.700
8	Narhi, Eeva Liisa	FIN	9.800	9.700	19.500

Ball Final

			PREL.	FINAL	TOTAL
1	Beloglazova Galina	URS	10.000	10.000	20.000
1	Druchnina, Tatyana	URS	10.000	10.000	20.000
3	Filipova, Cvetomira	BUL	9.800	9.950	19.800
4	Butaru Florentina	ROM	9.900	9.800	19.700
4	Naidenova Albena	BUL	9.800	9.900	19.700
6	Tian, Ok Sun	PRK	9.800	9.850	19.650
7	Niklas Esther	GDR	9.750	9.750	19.500
8	Manzanares, Monserral	ESP	9.750	9.700	19.450

Clubs Final

			PREL.	FINAL	TOTAL
1	Lobach, Marina	URS	10.000	10.000	20.000
2	Beloglazova, Galina	URS	10.000	9.900	19.900
3	Filipova, Cvetomira	BUL	9.850	10.000	19.850
4	Dunavska, Adriana	BUL	9.850	9.900	19.750
5	Kan En Lan	PRK	9.900	9.850	19.750
6	Niklas Esther	GDR	9.900	9.850	19.650
7	Butaru, Florentina	ROM	9.900	9.400	19.300
8	Ditrich, Bianka	GDR	9.800	9.150	19.950

Ribbon Final

			PREL.	FINAL	TOTAL
1	Druchnina, Tatyana	URS	10.000	10.000	20.000
2	Lobeck Marina	URS	9.900	10.000	19.900
3	Dunavska Adriana	BUL	9.900	9.950	19.850
3	Ditrich, Bianka	GDR	9.950	9.900	19.850
5	Filipova, Cvetomira	BUL	9.900	9.800	19.700
6	Stanescu Adriana	ROM	9.700	9.800	19.500
8	Martin, Maria	ESP	9.750	9.750	19.500
8	Simpson, Diane	USA	9.700	9.400	19.100

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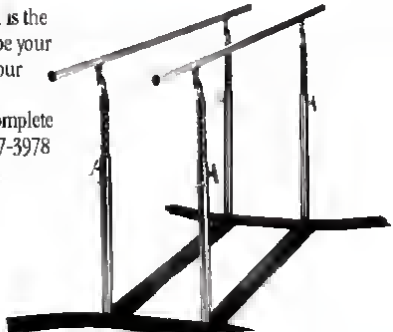

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Keeping Kids Motivated

THE ART (AND SCIENCE) OF TEACHING GYMNASTICS

PART 1 of 5
By Bey Hayasaky

Ah, the good 'ol reinforcer! Reinforcers as a teaching tool do what the dictionary defines they *strengthen* the child's desire to come back to class

Actually, the "reinforcer" concept is drawn from psychologist B F Skinner's modification In behavior modification, a reinforcer is an event which increases the frequency, intensity, or duration of a behavior in the future. In other words, if a child does something and it is followed by a reinforcer, the child is more likely to repeat the same act later on For example, if a child comes to gymnastics class and the class results in something really fun, the child is more likely to want to return to gymnastics later on.

For teaching purposes, we can consider reinforcers to be FUN THINGS! Activities that make students giggle or ask to "do it again" are likely to be reinforcers. To use reinforcers, you select several fun activities and pop them into the daily lesson in addition to your standard gymnastics instruction.

Reinforcers make a child forget that he still can't get that back walkover or has five more push ups to go For a child who is still a beginner after six months, reinforcers can make the difference as to whether he will continue to come to gymnastics. He may be frustrated at not being able to hold handstand yet, but those wheelbarrow races sure are fun! Reinforcement activities can keep students in your classes.

Different reinforcers work for different age groups and different skill levels Also, it is important to use the right *amount* of reinforcement If you put reinforcers into your teaching program but still aren't satisfied with your retention (the number of kids continuing in your program), try inserting more reinforcers. If kids don't seem to like your reinforcers, you are probably using the wrong kinds of reinforcers for your age level or skill group Use only the amount of reinforcement you need to keep your retention levels high — too much reinforcement can backfira on you

There are five different ways to use reinforcers, each with a predictable result

1) **"CONTINUOUS REINFORCEMENT"**: Put a reinforcer after every single gymnastics activity The "continuous reinforcement" method gets kids motivated quickly, but the drawback to continuous reinforcement is that if you take away the reinforcers the students also lose motivation quickly Continuous reinforcement programs are appropriate for infant programs, special education programs and gymnastics birthday parties.

2) **"RATIO REINFORCEMENT (FIXED TYPE)"**: Put in a reinforcer after a certain number of gymnastics skills, such as after every five skills, or every 10 skills The good thing about the fixed ratio schedule is that it gets kids to practice lots of repetitions in a short amount of time The bad news is that these repetitions are often done incorrectly They hurry to get through so they can do the fun things.

Example You tell the girls that after they do ten back walkovers, they get to do flip flops on the trampoline What do you get? Very quick back elopovers

The Fixed Ratio reinforcement methods (popping in a fun activity every so many tricks) work best with children over six years old, because they can count. When using Fixed Ratio Reinforcement, you must set a specific standard of excellence in order for students to "count" a skill.

3) **"RATIO REINFORCEMENT (VARIABLE TYPE)"**: Put in a reinforcer after a certain number of tricks, but don't tell the students when it is coming and vary the frequency For example, write a fun activity into the lesson plan on the average after every three tricks, but vary it so that the reinforcer happens after 2 tricks, after 4 tricks, after 3 tricks, which makes it an unpredictable schedule to the child

This schedule can produce high intensity practices, but it doesn't help children learn to work toward a goal, because they aren't in control of the reward system.

The variable ratio schedule is one way to build long-term motivation Since children over age four and one-half respond well to working toward goals (goals are actually a reinforcer for children over four and one-half) it is best not to use variable ratio reinforcement with other students For younger children, however, variable ratio reinforcement can build a lot of enthusiasm toward exercise and gymnastics Children under three years old do well when you pop reinforcers into the lesson on a ratio of every two or three tricks Children between the age of three and four and one-half do well with a reinforcement ratio of one reinforcer activity for every three or four gymnastics skills

4) **"INTERVAL REINFORCEMENT (FIXED TYPE)"**: You can put reinforcers into your instruction after a certain time period. For example, you could structure the class so that every five minutes a reinforcer would occur There are big drawbacks to this method. What you get is students who don't do much for five minutes Perk up for the reinforcer, and then revert to sludge for another five minutes This is not what you want. So you will want to avoid the Fixed Interval method

5) **"INTERVAL REINFORCEMENT (VARIABLE TYPE)"** You can put your reinforcers into the lesson after an average time period, but not tell the students about it in advance and vary the interval each time. For example, you might plan three reinforcers an hour, but put them at unpredictable time slots. This method produces very good long-term motivation.

This series of articles has been contributed by SPORTASTIKS INC., a franchised system of gymnastics center operations. Information is designed especially for gymnastics teachers — to help each instructor get the MOST out of each communication with young gymnasts! For information on investing in your own SPORTASTIKS Gymnastics Center, Call SPORTASTIKS INC. 1-800-255-2255 ext 1290.

Senior National Men's Coach Position

The Men's Program Committee has for over a year attempted to finalize the selection of a full time in house Senior National Coach for the Men's Program.

This came as a recommendation of a special task force created by the Executive Committee of the USGF to identify means by which the program could be improved.

To date, there has been no commitment from the gymnastics community for such a position as demonstrated by no applications for the position.

At the most recent men's program committee meeting, the decision was made to continue the annual selection process for the national coach from applications presented to the men's program administrator.

This would be a part-time, out of office position with a stipend contingent upon the duties performed.

The job description is as follows:

1. Yearly 12 month national coaching position beginning on January 1 each year. Applicants will submit resumes to the men's program administrator by November 15, 1986 with selection for that year taking place at the MPC meeting in December.
2. The National Coach will conduct four regional clinics in the USA. He will structure and conduct these clinics with any assistants he deems justified.
3. He will conduct at least four senior national team training camps each year. He will organize and conduct the clinics in a very structured manner with input from the athletes and coaches and dissemination of schedule and format far in advance.
4. He will attend the Championships of the USA, the final trials, the American Cup at the expense of the USGF men's program.
5. He will attend Congress and be prepared to make presentations. Expenses to the Congress, as with all presenters, will be at his expense.
6. He will be the designated head coach of the USA team in all International Gymnastics Federation's (FIG) team competitions for the year he is selected. He will also select his assistant coach for these functions. This assistant must be approved by the Men's Program Committee (MPC).
7. He will develop technical information and disseminate it.

Interested applicants should submit complete resume/vita to:

Robert Cowan
National Men's Program Administrator
United States Gymnastics Federation
1099 N. Meridian, Suite 380
Indianapolis, Indiana 46204

by November 15, 1986. Announcement will be made by December 15, 1986.

THE SOVIETS' SECRET: Hard Work

By Robert Cowan
USGF Men's Program Administrator

Editor's Note: This is the first part of a two-part article on Soviet training techniques. During a visit to Moscow for the Goodwill Games, the U.S. delegation, including Cowan, visited three training sites (Olympic Sports Center, CSKA Central Army School Club and Dinamo Club). Cowan reports his observations.

Sport is one of several important pursuits in Soviet life. It ranks with science, space technology, food production and other vital commodities. As an important pursuit, sports heros are idolized by the ordinary Soviet men and women and are granted special priviledges not available to the average person. And once ths athlete's compstitive career is over, former greats remain actively involved in the sport as judges, coaches, acrosports performers, circus performers, etc. This continued visibility greatly assists the development of the sport.

Continuity is also present in training techniques. Ths Soviets still use many training techniques tbat U.S. coaches, for the most part, have long ago discarded. For example, top Soviet gymnasts regularly train on mini-tramps, trampolines, ropes (climbing) and stall bars. Soviet gymnasts also work harder doing more repstitions and strengthening exercises than their American counterparts.

The following is an event-by-event summary of the Soviet men's training I observed.

Floor Exercise: Gymnasts did repetitive round-off back handspring set-ups or bound-ups and were spotted. Some Americans have said that they did not think the higher-level Soviet gymnasts used this technique, but the ones I observed did. Also, they did a number of round-off piked arabian step outs to round-off flip-flop drills. Othsr drills were round-off one and one-half twisting step out to round-off flip-flop and handstand snap down flip-flop series'. The gymnasts did very little difficulty on floor exercise. However, they did attempt numerous very difficult skills into shredded foam pits.

Pommel Horse: The younger Soviet gymnasts did a lot of drills with the pommels off of the horse. They did approximately 10-15 sets of loops (15 or more per set) without the pommels. They also did 10-12 sets (10-12 repetitions) of spindles. Finally, tbe gymnasts did longitudinal travels with the loop exercise.

Rings: They primarily worked handstands and strength-type skills, especially using the adjustable rings and strap technique. The younger gymnasts (and Alexandre

Pogorolev too) did a lot of crosses (L-crosses and inverted crosses) and planches using this system

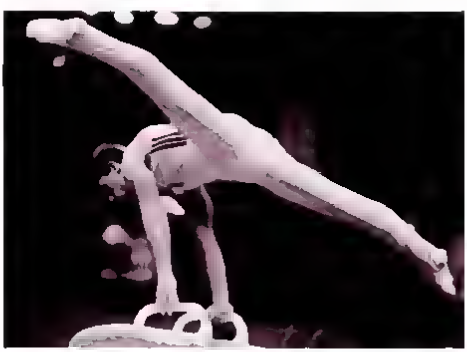
Vaulting. The gymnasts did a lot of tramp vaulting First, mats were set up in the pit, and then they did round-offs off of the tramp and landing on the stacked mats. They did this over and over again They also did Tsukaharas (tsuks) onto the mats The mats were then removed and the gymnasts did layout double-twisting tsuks One gymnast attemped a tsuk double back, but did not make it

Parallel Bars: The Soviets did nothing really unusual However, there were a large number of very young boys who were doing giant Diamidovs and straight arm peach handstands.

Horizontal Bar: The gymnasts primarily worked on combination releases such as Tkatschev, Tkatschev, Tkatschev, Gienger, etc

A lot of difference in training methods was evident in the conditioning techniques It appeared that the main concern from the minute the gymnasts entered the gym was to work on strength. The athletes we saw training would climb the rope, use the free weights to do toe rises, squats and bench presses while waiting for their turn on the apparatus

We observed athletes laying face down on the vaulting horse and grasping underneath the horse with their lower body hanging in the air They would then have weight plates put on their legs, and they would do leg lifts The purpose, we were told, was to strengthen the back and the backs of the legs to enable the gymnasts to swing better on rings and parallel bars The Soviet gymnasts also did back levers to front levers on single rails continuously The back levers were held approximately 24 seconds each and the front levers 10 seconds each



Some additional observations were that throughout the workouts there was a lot of manipulation of body positions It was not spotting for assistence sake (as we think of it), but rather spotting for positioning of the body for correct alignment

Also the athletes seemed very highly motivated, with many working without ever being spoken to by a coach Possibly aiding their motivation is the fact that any gymnast could be suspended from the national team if he performed poorly in an international meet This happended to Pogorolev, Sergei Gusev and Vladamir Gogoladze after they were defeated by East Germany When we saw them, they were training by themselves in separate sessions trying to get back on the national team And since the Soviet judging standards are more stringent than the FIG's Code of Points, once they make it back on the team, they'll definitely be ready for international competition.

In summary, we saw no magic secrets, no voodoo, no state of the art equipment difference What we saw was hard work and lots of it The Soviets are better because they work harder Granted, they have some cultural advantages, and they have more numbers than we do But the real answer is work The East Germans beat us, and they do not have more numers The Romanians beat us, and they do not have more numbers The Japanese beat us occasionally, and they do not have more numbers

It is easy to place the onus on the USGF to support the athletes, and efforts are being made to provide a work program for them which will compensate them well and at the same time benefit gymnastics. But again, the bottom line is time in the gym

The athletes we saw are more flexible, stronger and perhaps more dedicated, but I don't believe they have better coaches, better support and better facilities than we do During the trip, I spent hours with Mas Watanabe, the former USGF men's program director from Japan He told me that if he had one regret about the time he had spent with our program it would be that he did not get across to the athletes and coaches the tremendous need for total body strength and conditioning He said that what he had seen led him to believe even more that getting young boys the strongest they can be is very important and perhaps the key to success

What we saw in the Soviet Union supports this We must work harder, longer and stronger to compete with and beat the Soviets

BOYS' TIPS: Strength And Conditioning

By Larry A. Moyer
Director, Gymnastrum Boys Team

A successful and healthy gymnast needs the important quality of "explosive leg strength" not only for such events as tumbling and vaulting, but also to properly absorb the shock in dismounting and correct landing techniques. The training technique commonly known as "drop jumping" is one of many specific exercises that can assist in this vital area of strength training. Jumping, hopping, and bounding are engaged in different combinations. To better understand these movements:

Bound... to jump, taking off and landing on alternate feet in a sequence

Hop..... to jump, taking off and landing on the same foot

Jump.... to spring, hop or bound from one or both legs with one's feet in the air

An excellent method for developing explosive leg strength is the performance of DROP JUMPS. Jumps must be properly taught and technique is vital if injuries are to be avoided. A note of caution, be careful with young gymnasts ages 10 to 14 as injuries can result in the spine, legs, and hips. Proper technique in landing is important ... do not land on stretched legs, they should be slightly bent at the knees with the upper torso in proper alignment with the base of support. Land with the entire foot contacting the surface initially as opposed to landing only on the heels or toes. The arms play a significant role in balance and the rhythym. They, too, can aid in the initiation of explosive power when the gymnast jumps up, over, or onto another obstacle.

The following instructions outline the beginning phases of "Drop Jumping" training:

(a) Stand on a 32" box or similar safe apparatus.

(b) Drop off the box or apparatus from two feet and immediately upon landing and contacting the matted surface, rebound from a flexed position of the legs to a position of maximum extension. Be quick and explosive.

(c) Overload by gradually increasing the height of the box proportionally

Safety Precautions:

Use the 32" distance for gymnasts 12 years and over and modify the apparatus for younger gymnasts using stack mats or similar surfaces.

Remind the gymnast not to land with extended legs or with an excessive flexion at the knee joint.

Suggested Training Schedule:

1. Teach the proper technique to achieve efficiency and safety
2. Begin with 15 repetitions. Each week increase three repetitions until reaching a maximum of 30.
3. Use this exercise in conjunction with a series of other appropriate leg strengthening experiences.

How Far Have You Come?

By Michael Henty

"I'm sure I could have gotten my stutz to handstand. Maybe I should have listened to coach and worked on the drills he gave me?" It seems the end of the season brings on the familar words of 'I could have' or 'should have' and you start to compare yourself to your teammates, always the better ones, which makes you feel even worse about your progress. It's okay when you have another meet, there is always time to rebound.

Contemplation about the sport you loved so much a couple of months ago sets in as you look frantically in the mailbox searching for **USA Gymnastics** magazine. Stop a moment! Look back to where you began the year. What skills didn't you have? What were your scores in the first meet of the season compared to the last competition? Were you afraid of something that now seems easy to perform? How much improvement have you made in your weakest event? WHERE ARE YOU NOW? Scoring higher? More difficult skills!? Actually you've come a long way and I'll bet that you are not in the same place you started!

Yes, maybe one of your teammates has done better, advanced to a higher level of competition or can do a harder release move on high bar, but who cares!? Never compare yourself with another because it is very self-defeating. Maybe you haven't come as far as you would have liked, but that's history. The only way you can change is to prepare NOW. "I know I should do more strength or concentrate on my form and body positions if I'm going to get any better," you say to yourself, but as someone once said, "To know and not to do is not yet to know!"

So if you think you know and you're not doing then you know nothing. You can't play "catch up" a week before your first meet like cramming for a test in school. If you want to do well then you must prepare yourself NOW for next year. *DO* the things you *KNOW* must be done. You have felt that wonderful confidence before, when you have no doubts that you can do something which can only be achieved by great preparation. Last year must be forgotten except for what you have learned and the positive memories of success. You've probably made some mistakes, but remember, the only real mistake is one that you haven't learned from.

Be proud as you look back and see how far you have coms and start working now so the distance you traveled can even be greater next year!

Men's Artistic Gymnastics
1987 WORLD CHAMPIONSHPS
1987 PAN AMERICAN GAMES
Team Selection Procedure

I. Qualification Championships of the USA

A. The 1987 Championships of the USA are scheduled for June 18-21, 1987 at a site to be determined

B. Athletes will qualify to the USA Championships from four (4) qualifying meets on May 15-17 1987 Exception those who score 108 combined compulsory and optional in an approved meet other than the Regional Qualifying meet(s) are automatically qualified.
The Mens Program Administrator will certify these approved meets. This certification require that Competition I rules will be used in meets prior to the Regional Meets Competition III will be used at the Regionals Also, at least two nationally certified judges will be required per event at all meets. For the meets prior to Regionals, more than one club/program must be in attendance for the competition
The Mens Program Committee will select the sites of the Regional Meets Announcements of the meet sites will be made through **USA Gymnastics** magazine and the USGF office channels. All Qualification scores will be sent to the Mens Program Administrator.

C. For compulsories in the Championships of the USA there will be 72 gymnasts There will be two sessions with 36 gymnasts competing in each These will be assigned randomly by draw to a session For optionals, the top 36 scores from compulsories will compete in the later session In case of a tie for 36th, the higher event compulsory score shall compete in the second session

D. All-Around ranking will be determined from the compulsory optional session There will be an individual event finals with 8 athletes per event. Finals will include the event score and 50% of the combined compulsory and optional score

E. The Senior National Team will be the top 18 from the combined compulsory and optional session. Ties will not be broken.

F. The Senior Development Team will be the next top 6 who do not make the Senior team and are under the age of 20 The next 4 under the age of 18 will complete the Senior Development Team of 10 Ties will not be broken

G. In case of an injury a gymnast may be petitioned on to the National Team by the Mens Program Committee

H. Petitions to the Championships of the USA will be accepted and should be sent to the Mens Program Administrator

II. Qualification Pan American Games

A. Competition at the Pan American Games will be team and all-around compulsory exercises on August 18, 1986 team and all around optional exercises will be held on August 21 and individual Event finals for the top 8 per event will be held on August 22

B. The Pan American Games are scheduled for August 7-24 1987 in Indianapolis, Indiana

C. The entire National Team selected at Championships of the USA will be required to assemble in Indianapolis on August 1 to participate in a Pan American Games Training camp In an effort to field the strongest team possible for th Pan American Games the entire team will be utilized with selection being made by the coaches at the Training Camp Criteria will include the Pan American Games compulsorys, optional readiness and attitude as demonstrated through testing and intersquad competition

III. Team Selection Pan American Games Team

A. The all around scores derived from an intersquad competition involving the entire Senior National Team members who participate in the Pan American Games Training Camp will determine the final 7 athletes selected to represent the United States at the 1987 Pan American Games The All-Around results will consist of the Pan American compulsory exercises and optionals.

B. Based on the All-Around Scores, the top 7 gymnasts in rank order will be invited to participate in the Pan American Games The seventh man will be the non competing alternate Pan American Games team member A tie for sixth will be broken by the highest compulsory All Around score

C. Replacement of a team member will occur only due to a serious injury

D. Petitions on to the Pan American Games Team will not be accepted

IV. Qualification World Championships Trials

A. Competition at the Trials will be all-around Olympic compulsory exercises on September 25 and all around optional exercises on September 26th

B. The World Team Trials for Men are scheduled for September 25-26, 1987 at a site to be determined

C. The National Team (18 members) selected at the Championships of the USA will participate in the World Championships Trials.

D. Injury/Illness petitions should be sent to the Mens Program Administrator

V. Team Selection- World Championships Team

A. The all around scores from the 1987 Championships of the USA will count 30% and the all-around scores from the Final Trials will count 70% in determining the individual's overall final placing for the World Championships Team Selection

B. Based on the total all around scores from the Championships of the USA and Trials eight (8) gymnasts in rank order will be invited to participate in the World Championships. The seventh man will be the first alternate World Championships team member but will not be competing The eighth man will be the second alternate World Championships Team member and will also not be competing Ties for sixth and seventh will be broken by the highest compulsory total from the Championships of the USA and Final Trials (30% + 70%). If there is still a tie, the higher final trials compulsory score will break the tie

C. Final Trials will be Competition III.

D. A petitioned gymnast in the Final Trials in order to make the World Championships Team must have a higher score than the the other gymnast in Final Trials he is replacing plus he must have a higher score than the other gymnaste 30% and 70% from both competitions

E. Replacement of a team member will occur only due to a serious injury

F. Petitions on to the World Championships Team will not be accepted

VI. Qualification- U.S. Olympic Festival

A. Competition at the U.S. Olympic Festival is set for July 17-26 1987 in Raleigh-Durham North Carolina.

B. 12 senior athletes in rank order (including senior development team) will be invited to this competition.

C. 12 junior athletes from Winter Testing team selection in Colorado Springs will also be invited, thus creating the 24 athletes at Olympic Festival

VII. Qualification World University Games

A. Competition at the World University Games is set for July 5-16, 1987 in Zagreb, Yugoslavia

B. 6 athletes (including two non-competing, traveling alternates) will be selected in rank order AFTER the Pan American Games team is selected This group of 6 will travel to Zagreb

VIII. Qualification- Other events including all International invitations will be assigned to National Team members as outlined by the Mens Program Committee.

WOMEN'S TEAM
1987 WORLD CHAMPIONSHIP TEAM
SELECTION PROCEDURES

I. WORLD CHAMPIONSHIP TEAM

A. Qualification

1. Championships of the USA 1987 will be the selection meet for the World Championship Team (There will be no World Team Trials Meet)

2. Competition at the Championships of the USA will consist of top 14 Seniors from each Classic plus the top six (6) seniors from 1986 Championships of USA for a total of 34 gymnasts

3. Competition at Championships of the USA will be all around Elite Compulsory and All-Around optional exercises. (60% Compulsory 40% Optional)

4. If less than 34 gymnast enter the Championships of the USA replacements will be made in the following order

(a) Approved injury petition

(b) US Classic (closest meet to Championships of USA)

B. Injury petitions for Championships of the USA will be accepted for review by the WIPC if a gymnast can reasonably show through past meet results with current rules and compulsories that, if she had been able to compete she would have qualified.

II. WORLD CHAMPIONSHIP TRAINING SQUAD AND TEAM DEFINITIONS

A. World Championships Training Squad shall consist of #1 thru 16 from the results the Championships of the USA.

B. World Championship Team shall be the top eight (8) gymnasts

C. Gymnast 1 thru 8 will be the competitors in the international dual meet(s) prior to the World Championships. These competition(s) will help determine the six (6) starting positions and also the rank order of the two (2) alternates. Final determination will be made by the World Championships' head coach, two assistant coaches, two judges assigned to the World Championship, and the Athlete Representatives. The World Championship Team Criteria will be used to help determine who will compete (see E 1 thru 5)

D. Injury petitions onto the World Championships Team will be accepted for consideration by the WIPC for those who have not competed in the Championships of the USA. If this athlete based on previous competition experience and placement with current rules and compulsories can be assumed beyond a reasonable doubt to have qualified for the World Championships Team higher than the fourth (4) place finisher through the established qualifying procedures. Petitions are in additions to the original eight (8)

E. If, at the determination of the World Championships Training Staff (World Championship Team's Head Coach, two assistant coaches, two judges assigned to the World Championships, and the Athlete Representative), any one or more of the eight (8) World Championship Team athletes do not meet the criteria listed below, they may be replaced by any gymnast on the training squad.

WORLD CHAMPIONSHIP TEAM CRITERIA

1. The ability to perform full optional and compulsory routines
2. Freedom from injury
3. Competitive consistency through intra squad competitions during training or any other competitions as designated by the training staff
4. Mental readiness
5. Physiological readiness.
6. Proper attitude, team support and spirit.

WOMEN'S 1987 PAN AMERICAN GAMES SELECTION PROCEDURES

I. PAN AMERICAN TEAM

A. Qualification

1. Championships of the USA competition consisting of top 14 Seniors from each Classic plus the top 8 Seniors from the 1986 Championships of the USA for a total of 34 gymnasts
2. Competition at Championships of the USA will be All-Around Elite Compulsory and All Around optional exercises (60% Compulsory - 40% Optional)
3. The All Around scores from the Championship of the USA will count as 100% in determining an individual's overall final ranking.
4. If less than 34 gymnast enter the Championships of the USA replacements will be made in the following order
   (a) Approved injury petition
   (b) US Classic (closest meet to Championships of the USA)

B. Injury petitions for Championships of the USA will be accepted for consideration by the WIPC if a gymnast can reasonably show through past meet results with current rules and compulsories that, if she had been able to compete she would have qualified.

II. PAN AMERICAN TEAM SELECTION

A. Injury petitions will be accepted for consideratin by the WIPC for the Championships of the USA.

B. Based on the combined total AA score from Championships of the USA eight (8) gymnasts in rank order will be invited to participate in the Pan American Games. All eight gymnasts will compete in a dual international competition prior to the Pan American Games to help determine the participants. Final determination will be made by the Pan American Coach, the Assistant(s) coach(es), Pan American judges, and the athlete representative.

C. According to the United States Olympic Committee Technical Regulations, seven (7) gymnasts is the official team size

D. Replacement of a team member will occur only due to serious injury

E. Petition onto the 1987 Pan American Team will be accepted for consideration by the WIPC only in the case of illness of injury which prevented the gymnast from competing in or finishing the Championships of the USA. The gymnast must have been #1 or #2 in either of the Classics or must have been a member of the 1985 World Championships Team, where she ranked in either the top (8) eight individual events or the top 16 All Around. Any approved petition(s) will be in addition to the top (8) eight All-Around.

USGF RHYTHMIC GYMNASTICS 1987 PAN AMERICAN GAMES SELECTION PROCEDURES

I. Qualification

A. Championships of the USA

1. All athletes must be USA citizens and registered athlete members with the USGF prior to the competition.
2. Qualification to the USGF Rhythmic Championships of the USA is through State and Regional Championship Meets.
3. Injury petitions to paticipate in Championships of the USA will be accepted for review by the USGF RG National Program Administrator, National Program Committee Director, and the respective Regional Director
4. A gymnast who was a member of the USA delegation for the Senior all-around competition at the 1986 Four Continents Championships may be admitted to the 1987 Championships of the USA without qualifying at a State or Regional Championship Meets.
5. The 1987 USGF Rhythmic Championships of the USA are scheduled to take place April 3-5, 1987
6. Based on the all-around results from the 1987 Championships of the USA, in rank order the top eight (8) senior gymnasts will qualify into the Final Trials

B. Final Trials

1. The Final Trials are scheduled to take place June 27-28, 1987 or July 17-26 (US Olympic Festival)
2. Competition at the Trials will be a two-day all-around competition. Each gymnast will be required to compete in all four events on both days

II. Team Selection

A. The all-around score from Championships of the USA and each day of all-around competition from the Trials will all count 100% in determining an individual's overall final placing (300% total)

B. Based on the combined total all-around scores from Championships of the USA and the Trials (as stipulated above), the top four (4) gymnasts in rank order will be selected to attend the Pan American Games Training Camp

C. At present it is understood by the USGF that four (4) gymnasts will comprise the USA Rhythmic Gymnastics Delegation athlete delegation to the 1987 Pan American Games. Three (3) of these gymnasts will compete and one (1) gymnast will serve as the official alternate

D. Calculation of score for gymnasts unable to complete Final Trials due to injury

1. The procedures indicated are for determining a gymnasts score from the Trials competition if she is unable to complete the second day of competition.

Continued on page 42

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Tiger's Gel Running Shoe Makes Impressive Debut

Asics Tiger's new GT-II running shoe, the first athletic shoe marketed in America to use built-in silicone gel to absorb shock, is enjoying a spectacularly successful USA debut.

The volume of both pre-delivery orders and sales once the product was available in stores has been remarkably high for a new athletic shoe in the upper price bracket. The GT-II retails for about $85.

"The gel concept generated widespread advance interest among runners and others in the athletic community and gave us an excellent springboard to launch the product in this country," Kevin Mahoney, National Sales Manager for Asics Tiger Corp. explained. "Opening sales have been so strong that supplies in many stores are being rapidly depleted and, in some cases, completely sold out."

Gymnastics Receives Boost

Amateur gymnastics will receive special financial support this year as a result of a national marketing program by Champion Spark Plug Company.

The program is designed to upgrade the awareness of amateur athletics and to build a stronger corps of athletes who will be preparing to qualify and compete in the 1988 Olympic Games.

Each time a consumer buys a package of Champion spark plugs he or she will have the opportunity to instruct Champion to donate $1 to the U.S. Gymnastics Federation or one of 16 other amateur athletic organizations. Some 100,000 retail outlets are involved in the promotion.

The program begins on August 29, 1986, and ends on Nov. 2, 1986. It is part of the company's "America's Best" marketing position, established earlier this year.

This fall, Champion will use an extensive schedule of network television and print advertising to support its amateur athletics contribution offer, specifically telling Americans, "We'll donate a dollar in your name to U.S. amateur athletics when you buy a set of Champion Copper Plus plugs."

Alpha Factor Announces A Shirt You'll Flip Over

This sporty new T-shirt from Alpha Factor has colorful gymnastic graphics printed on the back and the Alpha Factor logo on the front pocket area. Available in many lively colors, it's perfect to wear after competitions, at school or anytime. The design is screen-printed, so "peeling" won't be a problem. Available in long sleeves or sleeveless, they're both made in the USA.

The long sleeved T-shirt, available in white, grey and light blue, has ALPHA FACTOR printed on one sleeve. The retail price is $14.00 for adult sizes and $12.00 for child sizes. The sleeveless is perfect for warm summer weather and comes in colors to match the season: purple, creme, aqua, flourescent cerise, grey and light blue. The adult sizes retail for $9.00 and the child sizes for $8.00.

For more information write
Alpha Factor - Dept. US/T
PO Box 6246 - Valley View Road
York, PA 17406-0246

Dodge
USGF GYMNASTICS

Dodge Junior Olympic Program Is Hot!

With the beginning of the 1987 United States Gymnastics Federation junior Olympic competitive season, the Dodge Division of Chrylser is ready to help you promote your upcoming meets. Best of all, it's free!

Dodge is a national sponsor of the USGF's Junior Olympic program. That sponsorship means that every meet director of a USGF age group competition will receive 100 four-color posters and a variety of promotional materials.

Chemical Bank Has Unique Offer

If you've received a solicitation from Chemical Bank's Visa card service recently, take a close look at the application and think seriously about signing up — you could be returning dollars back to United States Gymnastics Federation's state and regional gymnastics programs!

Chemical Bank is test-mailing 20,000 Visa card applications to USGF members around the country. If you fill out the application, return it to Chemical Bank and are approved for receiving a Visa credit card, you will help bring revenue in for your state and national USGF programs.

If the first test mailing of 20,000 proves successful, Chemical Bank will send applications to the USGF's total adult membership base, increasing the potential dollars that the bank will return back into the sport.

The one and only hitch is that the USGF doesn't have a say on whether or not your application will be approved. Chemical Bank will approve the applications based solely on their standard credit criteria; USGF membership doesn't guarantee that your application will be approved.

But every dollar and every attempt counts, so keep your sport in mind as you consider the opportunity.

New USGF Marketing Logo Unveiled

U.S. GYMNASTICS FEDERATION

A new family of logos will soon appear in United States Gymnastics Federation materials, television signage and communications programs. The new marks are designed to give our sport and organization a more visible presence in the marketplace—especially when used by sponsors.

The three logos — stylized American flags with silhouettes of gymnasts from all three disciplines (women's and men's artistic and rhythmic gymnastics) will reproduce better in a variety of sizes and mediums than the current USGF logo. That logo — the familiar circle containing three gymnasts and a flag—is now the official seal of the Federation and will continue to be used on awards and in official correspondences.

For more information about the new mark, contact the USGF's marketing and communication department. Ask for Kathy Brown.

Potato Board Boosts Women's Team

The newest United States Gymnastics Federation sponsor officially cams on board this summer, and the women's team will benefit tremendously.

The Potato Board, based in Denver, Colorado, has becoms an official sponsor of the USGF and the women's U.S. National Team. The Potato Board is the promotional and educational arm of America's potato growers. The sponsorship will help spread the word on the nutritional benefits locked inside this most delicious source of complex carbohydrates.

Rich Kenney, director of corporate sponsorships for the USGF, said the group plans to use members of the national team in personal appearances and media interviews to reach primarily women and young children with the good nutritional news about the potato.

"We're extremely pleased to have The Potato Board as the newest member of our sponsorship family," said Mike Jacki, executive director of the USGF. "Ths group is extremely supportive of our programs and our athletes. And the rights fees generated by the two-year arrangement will help us provide even more training resources and competitive opportunities for the women's elite program."

AMERICA'S FAVORITE VEGETABLE
POTATOES

YMCA GYMNASTS TRADE CUSTOMS & CARTWHEELS

By Amanda Tiffany
Assistant Coach, Arlington YMCA Angels

At first glance, it could have been any international gymnastics meet — there was nervous giggling on the sidelines, girls warming up one last move before performing and an expectant audience waiting with cameras poised for the perfect shot.

But this was no ordinary meet, nor really a meet at all. The girls waiting to perform were members of the Arlington (Va.) YMCA Angels Gymnastics Team. Their audience were coaches and gymnasts from the Ludvika Sports Center in Ludvika, Sweden. The Angels performance here was part of a gymnastics exchange program this past March with YMCA gymnastics teams and schools across Denmark and Sweden.

"It was a long time coming and it took a lot of hard work, but this trip has been an incredible experience for these kids," said Head Coach Joe D'Emidio. "It's not just the gymnastics — it's the cultural exchange. Our kids are learning about life here and making friends with kids their own age. I think some of these friendships will last for life."

The trip actually began more than a year ago when D'Emidio began writing letters to YMCAs abroad, proposing such an exchange. Positive responses came from Sweden and Denmark, and then the real footwork began. YMCA sponsorship, garage sales, Christmas bake sales, donations from local businesses and a cartwheel-a-thon amounted to $5,000 of the necessary $7,000 to make the trip. Parents, gymnasts and coaches contributed the rest. After seven months of preparation, we were on our way.

After a bus ride to New York, money exchange at JFK airport and three hours of waiting, 20 gymnasts, four coaches and three chaperones finally boarded the flight to Copenhagen, Denmark. Many of the gymnasts were the first in their families to travel outside the United States and many had never flown on an airplane before. Sleep came easily for some, but for others the excitement of flying over foreign lands kept them wide awake.

We had little idea what to expect when we arrived — the cost of postage and telephone calls limited communication with our Scandinavian hosts. Consequently, we were constantly plagued by 20 gymnasts, usually all at once, about what we were doing next. There's a certain amount of freedom in being able to honestly say "Gee, sorry, but I don't know — guess we'll have to wait and see." But we were pleasantly surprised at every turn. Our hosts were not only gracious and warm, they were very well organized. They arranged our days, scheduled our transportation and provided time and space for our workouts.

Our full day of travel — counting time changes — with only cat naps made for a rather sleepy arrival in Copenhagen. From there we took a bus to the small town of Naestved, Denmark. Our host families were as nervous as we were, but the initial trepidation of staying with families did not last long. During our three-day stay, gymnasts, coaches and hosts toured the city, attended the wedding of Mogens Hansen, (Denmark's premier football (soccer) star) and performed at a local school. Our performance was actually four different performances: all floor exercise. Students at the Danish school performed on floor, vault, and mini-tramp, and their elite women's team finished the show.

From Naestved we flew to Stockholm, a strikingly beautiful city resting on 14 islands in the Baltic Sea. One can feel the history here, sensing the time that has settled on buildings and lingers in corridors. We stayed here in a youth hostel across a bridge from the main city, spending the evening window shopping in Stockholm's "old town" — a series of pedestrian-only, narrow cobblestone streets.

The next day we spent touring, then traveling by train to Ludvika, Sweden. Here the YMCA hosts provided exactly what we needed — two days of workouts, with a little sightseeing, cross-country skiing and swimming thrown in. We worked out with and performed for the Ludvika gymnasts, and they, in turn, showed us their town. The town is small but picturesque, as is most everything in this country. The Ludvika Sports Center houses weightlifting, track and field and gymnastics equipment, as well as a 50-meter indoor swimming pool. On our first afternoon there, some of our group went cross-country skiing for the first time.

We saw skiing of a different kind in the town of Falun. This little town is bidding for the 1992 Winter Olympics, and our hosts took us to the top of the 150-meter ski jump. The view was breathtaking and scary. From here we watched a snowstorm slowly overtake the sun, and saw, beneath the clouds, the entire Lugnet Sport Centre complex. In addition to figure skating, cross-

country skiing, and speed skating facilities, the Lugnet Sport Centre in Fälun boasts one of the best gyms in the country, home of the Swedish National Gymnastics Team. For six hours we threw flips off the mini-tramp, Comaneci's into the five-foot-deep pit, and split leaps on any one of the four balance beams. Needless to say, both gymnasts and coaches were exhausted by the time we were finished.

From Fälun we took a night train to Göteburg, letting the train's rocking motion put us to sleep. We caught an early morning ferry from Göteburg to Frederikshavn in Jutland, Denmark, and from there a train and bus to the YMCA-run Hellebjerg school in Juelsminde. The students at Hellebjerg learn the principles of coaching in football, volleyball and a number of other sports. The Angels attended class with Hellebjerg students, teaching English as well as learning "expressive" gymnastic routines — gymnastic style that we would consider more modern dance than gymnastics. Many of these dances portray a theme, and contain little or no tumbling. They performed for the school during our final night there, then taught one of their routines to the group. The exchange that followed will likely be remembered more than the gymnastics — American and Danish students laughing, talking, and socializing as though they'd known each other for years, rather than mere hours.

Two of our final three days were spent in Gjellerup, near Herning, where we again performed at the local YMCA. Here we were treated to a lesson in rhythmic gymnastics, and taught the Danish a little bit of American jazz. By this time, staying with families was exciting rather than scary. We were friends from the start, the short length of our stay giving these friendships a sense of immediacy. We spent our first afternoon with our families, regrouping that night for the Kammeratskabs Aften — this YMCA-sponsored party that is held 15 times a year. The idea is to provide an alcohol-free environment where young people (and some not so young) can go to see a show and dance until dawn. The Americans made their mark to be sure — singing in English was the first giveaway, breakdancing to "Living in America" was ths clincher.

Leaving for Copenhagen by train from Herning was particularly sad. This was our final trip in Denmark, and suddenly lugging three suitcases and four carry-ons didn't seem so bad when the alternative was going home. In Copenhagen we were met by a representative from the KFUM (YMCA), who took our luggage and left us to spend our final afternoon on foot, exploring the city in groups, buying last-minute presents and generally soaking up the sights and sounds. Copenhagen has the same old world look as most Scandinavian cities, although it compares in size to Washington, D.C. As in Stockholm, there's a pedestrian-only shopping area, which we had no trouble finding. With typical Danish friendliness, a local street vendor offered me his zoom lens to photograph the scene.

From the small town of Naestved to historic Stockholm and Copenhagen, we were treated so well. The Scandinavian people are warm and generous, truly as enthusiastic about our visit as we were. They shared their homes, their food and their customs, giving us an experience we will long remember. We have already begun plans to return the favor, to host our Scandinavian friends here in the Washington, D.C. area next year. And in 1987, the Arlington Angels might just be learning Japanese, Italian, or Spanish — we've already received offers from YMCAs in Japan, Itely, and Venezuela to come visit and perform. Perhaps we've started a new ambassador program for the YMCA.

OPEN FLOOR

Continued from page 8

2 One person should be assigned the task of collecting the form from each coach and distributing them at the judges meeting. Judges would be required to read the forms, and they would probably also want to check on questionable skill ratings. In the case of a large meet, the forms could be collected ahead of time and typed out to eliminate duplication.

3 Also under this proposal, judges would make their scoresheets (or a photocopy) for a team available to the coach of that team following each competition. We believe that good judges who have learned to write down the necessary information on each routine would see the potential value of such communication. This would provide coaches with information on how their gymnasts' routines are being evaluated, and might provide them with some guidance on what they might list on their forms described in the first part of this proposal.

Precedent for parts one and two of this proposal was established at the 1986 Big 10 meet, where the coaches compiled a list of uncommon skills and the judges voted unanimously to accept the list. Seven full teams competed in the Big 10, yet the list totaled only one and one-half pages. Judges agreed that it seemed to be an excellent procedure. In regard to part three, many judges already share their scoresheets with coaches who ask, and it seems to us that most coaches who ask are not interested in discovering judging errors, but rather in discovering ways to improve their gymnasts' routines.

What are the potential outcomes of this proposal?

1 There would be increased communication between coaches and judges.

2. The education of judges (and coaches) would continue throughout each season.

3 There would be less apprehension on the part of coaches about judges missing things important to their gymnasts' scores.

4 There would be less apprehension on the part of judges, as well, about missing important skills or requirements.

5 There would be fewer judging mistakes, therefore more accurate scores.

6 There would be no need to determine the major refinements needed in the protest rule - and they are major - because it would be dropped.

We believe that if coaches and judges view this proposal as an opportunity to increase communication and education in a cooperative atmosphere, as opposed to a battleground atmosphere, that the quality of gymnastics judging will improve, as will coach-judge relationships.

John Scheer
Meet Director,
NCAA Championships
Jeff Johnson
Assistant Meet Director,
NCAA Championships

Note — The NCAA Gymnastics Committee has retained the protest rule for all collegiate competition up to the team finals, but has eliminated protests from the team finals of the NCAA Championships. The Committee has also supported the pre-meet communication described in parts one and two of this proposal. Details will be forthcoming from that Committee.

USGF REPORT

Continued from page 37

III Petitions

A. Petitions to enter the Final Trials will be accepted with regard to injury or representing the USA in international competition during the same time period as the Championships of the USA. Petitions are limited to the top three (3) internationally ranked gymnasts only.

B. If a qualified gymnast is not able to compete in the Final Trials due to injury or representing the USA in international competition during the Final Trials, she may petition to be ranked in the overall Trials ranking only if she is one of three USA internationally ranked gymnasts from 1986 or one of the top three nationally ranked gymnasts from the 1987 Championships of the USA.

C. Calculation of score for overall Trials ranking for accepted petitioned gymnasts

1. An accepted petitioned gymnast entering the Final Trials without a qualifying score from Championships of the USA shall have her overall ranking score determined as follows.

a. The all-around score obtained from the first day of competition will substitute for the Championship of the USA score.

b The result obtained in C 1 a shall be added to the total two day all-around Trials score in order to obtain the gymnast's overall Trials ranking score

2. An accepted petitioned gymnasts unable to compete in the Final Trials shall have her overall ranking score determined by multiplying by three (3) her score from Championships of the USA

D Calculation of score for gymnasts unable to complete Final Trials due to injury

1 The procedures are for determining a gymnasts score from the Trials competition if unable to complete the second day of competition.

a If gymnast is not able to complete the first event, her score from day one of the Trials shall be multiplied by two (2)

b If a gymnast is able to complete only one event, the score she obtained in the first event will be multiplied by four (4)

c If a gymnast is able to complete only two (2) events the scores she obtained in the first two events will be added together and multiplied by two (2)

d If a gymnast is able to complete only three (3) events, the scores she obtained in the first three events will be added together and divided by three (3) This newly derived score will then be added to the scores obtained in the first three events

U.S. GYMNASTICS FEDERATION

SAFETY CERTIFICATION TESTING

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General Points of Information

1. The text book for the Certification Course is the **USGF GYMNASTICS SAFETY MANUAL.** This text/reference manual is to be purchased and studied prior to course participation
2. The course will take approximately six hours, including the test
3. The Course fee is $100.00 (retest cost is $25.00)
4. Certification is good for four years

Dates, Times and Locations will all be listed in **USA GYMNASTICS** and **USGF TECHNIQUE.** They can also be checked by calling the USGF Department of Safety and Education at (317) 638-8743

September 24-28, 1986 - During the USGF Congress - St. Louis, Missouri

1. Thursday, September 25th - 2:00-8:00 pm
   Adams Mark Hotel Fourth and Chestnut St. Louis, MO 63101
   Course Director: Ray Doerman 314-569-1179
   Hotel Contact: Adams Mark Hotel 314-241-7400
2. Sunday, September 28 9:00am-4:00pm
   Adams Mark Hotel Fourth and Chestnut St. Louis, MO 63101
   Course Directors: Marc Rabinoff W 303-556-3935 H: 303-972-3428
   Paul Spadaro 718-816-6287
   Hotel Contact: Adams Mark Hotel 314-241-7400

* Registration for either of the two courses to be conducted at the USGF Congress are to be directed to the United States Gymnastics Federation, 1099 North Meridian Suite 380, Indianapolis, IN 46204 317-638-8743

Sunday, October 5, 1986

1. Portland, Oregon—9:00am-5:00pm Multnomah Athletic Club
   Course Director: James Stephenson 916-635-0930
   Local Contact: Pat Robinson 503-223-6251 x 242
   This course will be carried out during the Region II Gymnastics Congress.

Friday, October 10 1986

1. Mt. Laurel, New Jersey - 9:00am-5:00pm Mt. Laurel Hilton
   Course Director: Paul Spadaro—718-816-6287
   Local Contact: Pat Paige - 201-735-6978
   This course will be carried out during the Region VII Gymnastics Convention
   Friday, October 10 1986
2. Columbus, Ohio 1:00-8:00pm Embassy Suites
   Local Contact: Ron Gaunt W 216-526-2970 H 216-237-3808
   This course will be carried out during the Ohio State Gymnastics Congress

Saturday, October 11 1986

1. Minneapolis, Minnesota 9:00am-4:00pm Cooke Hall
   Univ. of Minnesota, Minneapolis
   Course Director: Ralph Druecker W 414-782-3430 H. 414-691-3398
   Local Contact: Fred Koehlsberger W 612-625-5967 H: 612-436-8363
2. Fort Collins, Colorado 9:30am-4:30pm Moun an Gymnastics
   419 East Stuart, Ft. Collins CO 80525
   Course Director: Dr. Marc Rabinoff W 303-556-3935 H 303-972-3428
   Local Contact: Ron Pavelka 303-482-3118
   Hotel Contact: Holiday Inn University Park 303-482-2626

Friday, October 17 - Sunday, October 19, 1986

1. Dallas, Texas-During the Gymnastics Association of Texas (GAT) Congress
   Summit Hotel 2645 LBJ Freeway Dallas, TX 75234
   Course Director: Hutch Dotrick W 713-995-3335
   H 713-942-1702 Hotel Contact: Summit Hotel—214-243-3365

Friday, November 7, 1986

1. Lake George, New York 10:00am-6:00pm Sagamore Hotel
   Course Director: Paul Spadaro 718-816-6287
   Local Contact: Kathy Feldmann 617-784-5830
   This course will be carried out during the Region VI Gymnastics Congress

Sunday, November 9 1986

1. Irvine, California Course Director: James Stephenson 916-635-0930
   Local Contact: Denise Pomarico 213-825-1314

Sunday, November 16 1986

1. Penfield, New York -9:00am 3:00pm
   2025 Five Mile Line Road Penfield NY 14526
   Course Director: Sarah Jane Bernhardt 716-381-8640

Sunday, January 18, 1987

1. Connecticut Course Director: Paul Spadaro 718-816-6287
   Local Contact: Joan Hicks 203-375-3244

Participation Registration Form

Name. Mr./Mrs./Ms _____

Address: _____

Telephone (H) _____ (B) _____

Course Director: _____

Course Location: _____ Date: _____

Organization Represented: _____

If USGF Member, List Type and Number. _____

Form of Payment:

Check _____ Visa _____ Mastercard _____

Name on Card: _____

Number: _____

Expiration Date: _____ Signature _____

Please make checks payable in full to: **USGF SAFETY CERTIFICATION**
Mail Registration Form and Payment to Respective Course Contact

DO NOT WRITE BELOW THIS LINE — FOR OFFICE USE ONLY

Registration Form Received: _____

Confirmation Mailed: _____

EVENT CALENDAR

UNITED STATES GYMNASTICS FEDERATION

1986-88 Proposed Event Schedule

(Dates & Events subject to change or cancellation)

1986		
September		
1-15	Pacific Alliance Championship(M/W)	Macau
15-18	Philippines Exhibition (M/W)	Manila
23-28	VIII International Tournament-Catania(W)	Catania, Sicily
24-27	USGF National Congress	St. Louis, MO
22-27	Princess Grace Cup (R)	Monaco
26-Oct. 8	Four Continents	Melbourne, Australia
October		
1-8	Caperns Cup (M/W/R)	Antwerp, Belgium
2-5	Junior Womens Training Camp(W)	Colorado Springs, CO
8-13	Joaquim Blume XIII Catalunyal(M/W)	Barcelona, Spain
16-26	South African Cup (M/W)	South Africa
17-19	World Cup (R)	Tokyo Japan
17-19	Mens Clinic-Region II	Portland OR
17-19	Mens Clinic-Region VII	Cortland NY
21-Nov 8	Junior Boys Development Camp (M)	Colorado Springs, CO
TBA	**Senior Womens Training Camp (W)	TBA
November		
7-8	Mens Clinic-Region V	Northbrook, IL
7-8	Mens Clinic-Region VIII	Tucker GA
15-16	Mens Clinic-Region III	Norman, OK
15-16	Mens Clinic-Region VI	Springfield MA
17-24	USA vs China (M/W)	Honolulu Hawaii
20-26	USA/Swiss/Holland (W)	Switzerland
21-22	Mens Clinic-Region IV	Oshkosh WI
21-22	Mens Clinic-Region IX	Colorado Springs CO
21-22	Mens Clinic-Region I	Tempe AZ
19-28	Chunichi Cup/Tokyo Int'l Invitational (M/W)	Tokyo Japan
29-Dec. 8	Swiss Cup/DTB Pokal Cup (M/W)	Switzerland/Germany
December		
10-15	Gym Masters (M/W)	Belgium
11-2	*USA/France (W)	France
17-21	Senior Mens Training Camp	West Point, NY
26-Jan. 5	Jr Boys National Testing & Training (M)	Colorado Springs, CO
TBA	*RAGA International Tournament (M/W)	London England
1987		
January		
4	USA vs. Australia (Jr Boys)	Colorado Springs, CO
TBA	**USA/ROM (W)	TBA
February		
20-21	First Regional Elite Meet (W)	TBA
March		
7-8	First Regional Elite Meet (W)	Various Sites (TBA)
7-8	McDonald's American Cup (M/W)	Fairfax, Virginia
*12	International Mixed Pairs (M/W)	*Hampton Virginia
28-29	Second Regional Elite Meet (W)	TBA
TBA	Moscow/Kiga	USSR
TBA	Woman's Day Cup (R)	Prague Czechoslovakia
April		
3-5	Rhythmic Championships of the USA	TBA
10-11	American Classic Nationals (W)	TBA
11-18	Junior Training Camp (M)	Colorado Springs, CO
17	*USA Jr Boys vs Cuba Jr Boys	Colorado Springs CO
25-26	Class I State Meets (W)	TBA
25-26	USA/USSR Dual Competition (M/W)	TBA
TBA	*TBA Cup (M/W)	Japan
TBA	FIG RSG 7th Cycle Int'l Judges Course	Switzerland
TBA	**Junior Womens Team USA/KOR (W)	*Colorado Springs, CO
TBA	**Junior Womens "B" Training Camp (W)	TBA
TBA	Champions All	TBA
TBA	*Hungary Bulgaria Invitational (R)	TBA

CLASSIFIED ADS

Position Available

Mid-America Twisters Gymnastics is seeking to employ a developmental coach / recreational class instructor who is genuinely dedicated to the training of quality women gymnasts. Applicant must have a strong gymnastic background as well as a technical aptitude for the sport.
Applicants should send a resume and/or call
Mid-America Twisters Gymnastics
1441 Paddock Drive
Northbrook, IL 60062
(312) 729-6680 (8 00 a m - 2 00 p.m)
(312) 948-5883 (3 00 p m - 8 00 p.m)
Ask to speak with Cora

Position Available

Head Coach needed in Hawaii for developmental boys and girls classes, class IV and III girls teams Club has approx 100 gymnasts and is located in a town of 5 000 in ranching country Salary $17 400 plus incentive bonus Send resume to WGC P.O Box 1808 Kamuela HI 96743

Instructor Coach

Newly established, rapidly growing gym, needs dependable, enthusiastic coach/instructor. Position includes coaching girls Level IV thru Level I and boys team. Also includes teaching preschool thru school age boys and girls classes. Salary negotiable based on experience and education Position immediately available Part time or full time possible Please send resume to Artistic Gymnastics, 4200 South Fiske Blvd., Rockledge, Florida 32955 or call Yonce Gardner (305) 631-9400

Position Available

Full time position open in August at Southern Indiana Gymnastics School (SIGS) Located in southern Indiana approximately 3 miles from Louisville, Kentucky Choreography skills required to assist with Class I & II program and classes. Work in a friendly relaxed atmosphere in a successful, competitive gym Contact Kelly Fust or Jeff Gethard at 812-288-8188 Salary negotiable

Position Available

Head coach for Class IV I girls teams Non-profit club in new 10,000 square feet facility with in-ground pits Non spotting techniques currently in use Salary commensurate with experience. Send resume to Midland Gymnastics, 3813 E Wackerly, Midland Mi 48640 or call 517 832-3045 Mon Thurs. 9 00 noon or 1:00-4 00 p m

Position Available

Immediate opening for team coach Girls Class III I plus age group classes and preschool New 12 000 ft. fully equipped gym Boys and girls competitive teams.
Send resume to. Broadway Gymnastic School Inc.
1657 12th Street
Santa Monica, CA 90404
Or call (213) 450 0012

Correction

On page 27 of the July/August 1986 USA Gymnastics, Angie Denkins was erroneously identified as Joyce Wilborn Denkins (pictured) was actually the National Balance Beam Champion by scoring an 18.850 total The editorial staff of USA Gymnastics apologises for the error.


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1101	Code of Points/FIG	21 50
*NEW 1104	86-88 Supp. to W Code (delivered)	9 00 ea
1108	Rules & Policies	11 50
1109	85 88 Elite Comp Text	16.50
1111	85-88 Agegroup Comp Text	11.50
2101	84 Olv Games VHS	45 00
2102	84 Olv Games Beta	45 00
2103	85-8 Elite Comp Music	6.50
2104	84 Agrp Comp Music Cass	6 50
2105	84 Agrp Comp VHS cl 2&3	151.00
2106	84 Agrp Comp VHS cl 4&5	151 00
2107	84 Agrp Comp VHS cl 1	49 95
2111	84 Jr Europe Champ VHS	31.95
2112	86 Elite Comp VHS	41.95
2113	88 Sr Europe Champ VHS	31.95
2421	85 Ch USA C&Finals M&W VHS	31.95
	MENS GYMNASTICS/TECHNICAL	
1201	Code of Points/FIG	21.50
1202	88 Agegroup Comp Text	16.50
1208	Rules & Policies	11 50
1206	84 Olympic Comp Text	16.50
2201	84 Olympic Games VHS	45 00
2202	84 Olympic Games Beta	45 00
2211	84 Jr. Europe Champ VHS	31 95
2212	88 Olympic Comp VHS	31.95
2213	88 Sr Europe Champ VHS	31.95
2221	88 Agegroup Comp VHS	31.95
2222	88 Olv Comp Japanese VHS	31.95
2421	85 Ch USA C&Final M&W VHS	31.95
	RHYTHMIC GYMNASTICS/TECHNICAL	
1301	Code of Points/FIG	21.50
1302	84 Agegroup Comp Text	26.50
1308	Rules & Policies	16.50
2311	88 Comp Music Cassit Cl 2	6.50
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